

St Albans

Families Feeling Safe Protective Behaviours

**for Mums, Dads and
Carers of children 6-16
years**



To register for your **FREE** place please
contact Wendy
wendy@familiesfeelingsafe.co.uk
Tel: 07874662486

The Families Feeling Safe programme can give mums, dads and carers ideas and strategies to help their family and children.....

- Build confidence and self-esteem
- Manage stress, anger, anxiety and worries
- Deal with peer pressure, bullying
- Cope with change and transitions
- Know how and who to talk with to get help
- Stay feeling in control and make safe choices
- Improve communication
- Know ways to keep themselves feeling safe

We focus on what we **can** do and we have some fun!

Tuesdays

**9th May -11th July 2017
(excluding half term week)
9.30 –11.30 am**

At

**The Lodge
Mandeville School
Mandeville Drive,
St Albans, AL1 2LE**

