Families Feeling Safe

Supporting families with Protective Behaviours

A FREE course for Dads and Male Carers of children 0-19yrs *Broxbourne



Tuesday evenings Online First session 5th January 7.30-9.00pm Then 12th, 19th, 26th Jan, 2nd & 9th February 8.00-9.00pm Sessions will run on Zoom - we can help you with this





Please like us on Facebook for further updates @familiesfeelingsafe

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

ONLINE course

Spring 2021

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

- * Please contact us if you live in a different area of Herts
- we may be able offer you a place

For eligibility and to book your FREE place please email: enquiries@familiesfeelingsafe.co.uk Tel: 07748 332606



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire .We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk