Families Feeling Safe

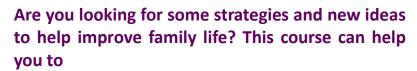
ONLINE course Spring 2021

Supporting families with Protective Behaviours

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



Thursday evenings Online
First session 7th January
7.30-9.00pm
Then 14th, 21st, 28th Jan, 4th & 11th
February 8.00-9.00pm
Sessions will run on Zoom - we can help
you with this



- 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



