

Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course
Spring 2021**

**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**

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

- ◆ 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



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