

Families Feeling Safe Protective Behaviours

Watford

for Mums, Dads and
Carers of children
0 - Teens



For eligibility and to book your FREE
place please contact
Fiona
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Tel: 01438 728653



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updates @familiesfeelingsafe

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

- ◆ Build self-esteem and confidence
- ◆ Recognise Early Warning Signs
- ◆ Understand the link between Feelings, Thoughts and Behaviour
- ◆ Manage a range of feelings e.g. stress, anger, anxiety and worries and make safe choices
- ◆ Understand what may be influencing your child's behaviour
- ◆ Improve communication with your child and others
- ◆ Improve emotional well-being
- ◆ Develop strategies for feeling safe and problem-solving skills to use in a range of situations

"I've got a whole set of approaches and practical ways to understand family life and Me!"

"I wish I had done the course sooner"

Monday mornings 9.30am - 11.30am

13th January— 16th March 2020

(excluding half term 17th Feb)

at

The Pastoral Centre, Beechfield School

Gammons Lane, Watford,

WD24 5JA

