Families Feeling Safe

ONLINE course
Autumn 2020

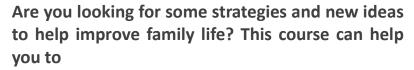
Supporting families with Protective Behaviours

A FREE course for Dads and Male Carers of children 0-19yrs *Three Rivers area



Wednesday evenings 8.00pm - 9.00pm

11th, 18th, 25th Nov, 2nd, 9th & 16th Dec 2020 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



