

Families Feeling Safe Protective Behaviours

for dads and carers of
children 4-15 years



The Families Feeling Safe programme offers mums, dads and carers ideas and strategies to help their family and children.....

- **Build confidence and self-esteem**
- **Manage stress, anger, anxiety and worries**
- **Deal with peer pressure, bullying**
- **Cope with change and transitions**
- **Know how and who to talk with to get help**
- **Stay feeling in control and make safe choices**
- **Improve communication**
- **Know ways to keep themselves feeling safe**

We focus on what we can do and we have some fun!

To register your FREE place please contact:
Leigh Cole or
Gabby Connell
01992 303331 ext. 5



Day: Wednesday evening

Dates: 6th June- 25th July

Times 19.00 – 21.00pm

**At: Wormley Primary School Community Room
EN10 6QA**