

Families Feeling Safe Protective Behaviours

for mums, dads and
carers of children 4-15
years



To register for your FREE place

Please contact:
Leigh Cole or
Gabby Connell
01992 303331 ext 5

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!



Day: Friday Morning

Dates: 20th April-22nd June (excluding half term)

Times 09.30 — 11.30

At: Wormley Primary School Community Room

EN10 6QA