Broxbourne Starting January 2024

Families Feeling Safe

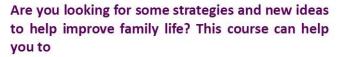
Supporting families with Protective Behaviours

A FREE course for Mums, Dads, Step-Parents and Carers of children 5-19yrs



Tuesday mornings 9.30am—11.30am 16, 23, 30 Jan, 6, 13, 27 Feb, 5,12 & 19 March 2024 At

Wormley School Community Room Cozens Lane East, Broxbourne, EN10 6QA



- 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

Places are for families with children 5 -19 years old For eligibility and to book your FREE place please

Tel: 01992 303331 Opt. 5





