

Families Feeling Safe

Supporting families with Protective Behaviours

**Broxbourne
Starting
January 2024**

**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**



**Are you looking for some strategies and new ideas
to help improve family life? This course can help
you to**

- ◆ 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

contact:

Tel: 01992 303331 Opt. 5



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updates @familiesfeelingsafe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk