

Families Feeling Safe

Supporting families with Protective Behaviours

BROXBOURNE
starting
May 2024

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



Friday mornings
9.30am—11.30am

3, 10, 17, 24 May, 7, 14, 21, 28 June &
5 July

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 how Feelings, Thoughts and Behaviour link together
- ◆ 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

Places are funded for families within Hertfordshire

For eligibility and to book your fully funded place
please contact:

Tel: 01992 303331 Opt. 5



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