

# Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course  
starting  
April 2022**

**A FREE course for Dads,  
Step-Dads and Male Carers**



**Tuesday evenings Online  
7.30pm - 9.00pm**

**19, 26 April, 3, 10, 17 & 24 May  
2022**

Sessions will run on Zoom



Please like us on Facebook for further updates @familiesfeelingsafe

**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

**"I wish I had done the course sooner"**

Places are funded by HCC for families in Hertfordshire and there are eligibility criteria.

**For eligibility and to book your FREE place please**

**Email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)**

**Tel: 07748 332606**

