

Families Feeling Safe

Supporting families with Protective Behaviours

STEVENAGE
starting
SEPTEMBER 2023

**A FREE course for Mums,
Dads, Step-Parents and
Carers**



Wednesday mornings
9.30am—11.30am

27 Sept, 4, 11, 18 Oct, 1, 8, 15 & 22 Nov
2023

At

**The Oak Suite, Peartree Spring Primary
School, Hydean Way, Stevenage, SG2 9GG**

Stevenage - DSPL Area 2

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes



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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 for families living in Hertfordshire and there are eligibility criteria

For eligibility and to book your FREE place please email:

enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Course No: 05/S4

