

# Supporting Families with Protective Behaviours

For Mums, Dads & Carers

**Online courses  
starting  
May 2025**



**Are you looking for strategies and new ideas to help improve family life?**

**This fully funded 8-week term time course can help you to:**

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

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

## **Tuesday mornings**

6 May—1 July  
9.30am—11.30am  
Course code L5/am

or

## **Thursday evenings**

8 May—3 July  
7.00pm—9.00pm  
Course code L5/eve

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

**enquiries@familiesfeelingsafe.co.uk or Tel: 07850 518216**

**\*Please quote the course code and your mobile number**



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