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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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