

# Families Feeling Safe Protective Behaviours

**St.Albans**

**for Mums, Dads and  
Carers of children  
5 years - Teens**



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

**Wendy**

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

**or**

**Tel: 07874662486**



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

- ◆ Build self-esteem and confidence
- ◆ Recognise Early Warning Signs
- ◆ Understand the link between Feelings, Thoughts and Behaviour
- ◆ Manage a range of feelings e.g. stress, anger, anxiety and worries and make safe choices
- ◆ Understand what may be influencing your child's behaviour
- ◆ Improve communication with your child and others
- ◆ Improve emotional well-being
- ◆ Develop strategies for feeling safe and problem-solving skills to use in a range of situations

**"I've got a whole set of approaches and practical ways to understand family life and Me!"**

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

**Tuesday evenings 7.00pm - 9.00pm**

**16th October to 11th December**

**(excluding half term 1st Nov)**

**at**

**Fleetville Junior School,**

**228 Hatfield Rd, St Albans, AL1 4LW**