

# 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

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



Please like us on Facebook for further updates @familiesfeelingSAFE



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](http://www.familiesfeelingSAFE.co.uk) E-mail: [enquiries@familiesfeelingSAFE.co.uk](mailto:enquiries@familiesfeelingSAFE.co.uk)

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June 2022

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7.30pm - 9.00pm

7, 14, 21, 28 June, 5 & 12 July 2022

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