ONLINE course starting November 2022

Families Feeling Safe

Supporting families with Protective Behaviours

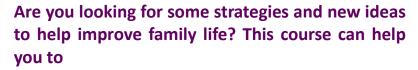
A FREE course for Dads, Step-Dads and Male Carers



Thursday evenings Online 7.30pm to 9.00pm

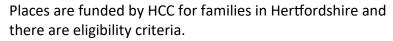
3, 10, 17, 24 Nov, 1 & 8 December 2022

Sessions will run on Zoom



- 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"



For eligibility and to book your FREE place please Email: enquiries@familiesfeelingsafe.co.uk

Course No: L4E4

Tel: 07748 332606





Please like us on Facebook for further updates @familiesfeelingsafe

