

Supporting Families with Protective Behaviours

**Online courses
starting
January 2024**



Daytime

Mondays

9.30am - 11.30am

22 Jan—18 March

**For mums, dads &
carers**

Course code L5/am

Evening

Tuesdays

7.00pm—9.00pm

23 Jan—19 March

**For mums, dads &
carers**

Course code L5/eve

Evening

Thursdays

7.00pm—9.00pm

25 Jan—21 March

For dads & male carers

Course code L4/eve

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

This 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

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

enquiries@familiesfeelingsafe.co.uk

Tel: 07850 518216

Please quote the course code and a mobile number



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