

# Families Feeling Safe

Supporting families with Protective Behaviours

**STEVENAGE**  
starting  
**SEPTEMBER 2022**

**A FREE course for Mums,  
Dads, Step-Parents and  
Carers**



**Wednesday mornings**  
**9.30am—11.30am**

**21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 & 23  
Nov 2022**

**At**

**The Oak Suite, Peartree Spring Primary  
School, Hydean Way, Stevenage, SG2 9GG**

**Stevenage - DSPL Area 2**

**DSPL** | Delivering Special  
Provision Locally  
*Achieving quality outcomes*



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**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 for families living 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**

**Course No: L5D7**

