



We have a few places available on our online Protective Behaviours course for Dads, Step-Dads and male carers starting 4th January. As the the course starts first week of January, we'd really appreciate your support in passing on the details to colleagues who may wish to refer and families who may need to attend.

Dates: Tuesday evenings 4th, 11th, 18th, 25th Jan, 1st & 8th February 2022

Time: 7.30pm – 9.00pm

Email: enquiries@familiesfeelingsafe.co.uk

Phone or text: 07748 332606

The course is designed to help families:

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing their child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on their own and their child's strengths
- Learn strategies to help their family feel safe and have problem-solving skills for life