

Families Feeling Safe Protective Behaviours

St Albans

for Mums, Dads and Carers
of children 5yrs -Teens



"I'm so thankful for this course"

"My children are happier and calmer!"

The Families Feeling Safe programme offers mums, dads and carers ideas and strategies to help their family and children to

- Build confidence and self-esteem
- Manage stress, anger, anxiety and worries
- Deal with peer pressure, bullying
- Cope with change and transitions
- Know how and who to talk with to get help
- Stay feeling in control and make safe choices
- Improve communication
- Know ways to keep themselves feeling safe

We focus on what we can do and we have some fun!

To register for your **FREE** place
please contact Vicky
Tel: 07561845825
vicky@familiesfeelingsafe.co.uk

Tuesday evenings

7.00pm—9.00pm

24th April – 26th June 2018

(excluding half term)

At

The Art Room at Fleetville Junior School,
228 Hatfield Rd, St Albans, AL1 4LW



St Albans 
Schools' Partnership

Vista 
St Albans