

# Families Feeling Safe Protective Behaviours

for Mums, Dads and  
Carers of children 6-12  
years



To register for your **FREE** place  
please contact Sue  
[sue@familiesfeelingsafe.co.uk](mailto:sue@familiesfeelingsafe.co.uk)  
Tel: 07531247657

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

- 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



Thursday Evenings

26th January to 30th March 2017

(excluding half term week)

7.00pm—9.00pm

at

Mrs Howard Memorial Hall

Norton Way South , Letchworth

SG6 1NX