

# Families Feeling Safe Protective Behaviours

**for Dads and Male  
Carers of children  
6-12 years**



To register for your **FREE** place  
please contact Sue

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E-mail

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The Families Feeling Safe programme offers Dads and male 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**
- **Improve communication**
- **Know ways to keep themselves feeling safe**

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



**Monday Evenings**

**23rd January—27th March 2017**

(excluding half term week)

**7pm—9pm**

at

**Starfish House, 3 North Road, Stevenage**

**SG1 4AT**