



# Feeling Safe Feeling Strong



## The Protective Behaviours programme

An interactive and fun filled 6 week course for Mums, Dads and Carers. Our two experienced and trained facilitators Nikki and Anne, will provide a safe place where everyone can be heard and supported.

### We will look at:

What it means to feel safe – how do we know?

Feelings, Thoughts, Behaviours and the links

Problem solving skills

How to support our children's anxiety

Why do we get triggered? Our 'unwritten rules'

How to build & maintain an effective support network

Communicating effectively with our families

Strategies to stay in control of ourselves

What is behind anger and how this impacts behaviour

Choices and consequences

**Mondays 9.30–11.30 Starts 25th Feb – 1st April**

**@ Creswick Family Centre, Sir John Newsom Way WGC**

To book your **FREE** place

Call: 01992 446 051

Email: [admin@natural-flair.com](mailto:admin@natural-flair.com)

Or register online at: [www.natural-flair.com/course-booking](http://www.natural-flair.com/course-booking)



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Self Esteem

Empathy

Feelings

Feeling safe

Networks

Strategies