



Dear Colleagues

Starting soon - Protective Behaviours courses for parents & carers

We have five fully funded Supporting Families with Protective Behaviours courses for mums, dads and carers starting soon. There are some spaces available on our online and face to face courses. The courses are funded by HCC for parents and carers who may need some additional support. Please kindly pass on the details to your colleagues, parents, carers and your networks. There's just one link below to register which can be used by referrers, parents and carers.

Online:

For Mums, Dads & carers

- Thursday mornings 1 Oct – 26 Nov 9.30am -11.30am
- Wednesday evenings 30 Sept – 25 Nov 7.00pm – 9.00pm

For Dads & Male carers:

- Thursday evenings 1 Oct – 26 Nov 7.00pm – 9.00pm

Face to Face

- Broxbourne – Friday mornings 18 Sept – 20 Nov 9.30am – 11.30am
- Hertford - Thursday mornings 24 Sept – 19 Nov 9.30am – 11.30am

Please note that parents and/or their children need to live in Hertfordshire.

These fully funded 8-week term time courses can help with:

- Understanding how Feelings, Thoughts and Behaviour link together (including the 3-Part brain and stress response system)
- Understanding what may be influencing their child's behaviour
- Responding to a range of feelings e.g. anger, frustration, anxiety, stress and worry
- Improving communication to build better relationships
- Building on strengths
- Learning strategies to help parents and their family feel safe

To book a place on any of our courses this term please use this link:

<https://forms.office.com/e/xx8X4pUcj4>

or use the QR code

