

# Feeling Safe & Standing Strong

## A course for parents and carers based on Protective Behaviours

Recognising and trusting feelings,  
self esteem and confidence building,  
problem solving skills,  
support networks,  
ideas for you and you children!

Westfield Children's Centre  
Croxley View WATFORD WD18 6NS

May 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>  
June 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>  
16.00 – 18.00

Facilitated by Maureen Miller and Hilla Joshi Thompson



# Booking Form

## Feeling Safe & Standing Strong

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Protective Behaviours can be used in day-to-day life and is relevant to everyone! Parents and carers can use these skills for themselves and they can teach them to their children. Protective Behaviours is about:

- Recognising and trusting your feelings
- Expressing all feelings in a responsible way (including anger, stress and anxiety)
- Developing problem solving skills
- Improving relationships and communication
- Developing Self Esteem
- Building Networks of Support
- Practical ideas to keep yourself and your children feeling safe.

To book your place on the course for parents and carers, please provide the following contact details:

Name.....

Address.....

.....

Postcode.....

Tel no Home:.....Mobile.....

Childcare requirements:.....

Please return this form to:  
Maureen Miller, Extended Services Manager  
SchoolsPlus (West Watford) Consortium  
22 Tolpits Lane, WATFORD WD18 6NR

Enquiries : ☎ 01923 231560 Ext 1724  
✉ maureen.miller@westfield.herts.sch.uk

