

Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20+ years personal and professional experience.



"I was in a quite low place when I joined this course but each week I took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!"



Funded by Hertfordshire County Council

This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to let go of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

Where: Online via Zoom

When: Wednesdays 9.30-11.30am

June 8th, 15th, 22nd, 29th

July 6th, 13th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk with name and date of course

**SCHOOL CROSSING
PATROL WANTED!**



**WE ARE LOOKING FOR SOMEONE
WHO WOULD BE INTERESTED IN BECOMING
THE SCHOOL CROSSING PATROL**

AT YOUR SCHOOL

**THE PAY IS £9.25 PER HOUR
(excluding enhancements)
JOB SHARE CONSIDERED**

**IF YOU ARE INTERESTED OR WOULD LIKE
FURTHER INFORMATION PLEASE CONTACT
THE ACTIVE AND SAFER TRAVEL TEAM ON 01992 556816/
01992 556803**

**Hertfordshire County Council, Active and Safer Travel Team,
County Hall, Pegs Lane, Hertford, SG13 8DN.**

Tel: 01992 556816 January 2022

**Can we please remind you that it is parental
responsibility to get your child to and
from school safely**

MAY HALF TERM CAMP

ARTS, CRAFTS & SPORTS CAMP

IN PARTNERSHIP WITH TEDDY BEAR NANNIES

DATES

MON 30TH MAY - WEDS 1ST JUNE

TIMES

9:30PM - 3:00PM

EARLY DROP OFF: 8:30AM - ADDITIONAL £5

LATE PICK UP: 4:00PM - ADDITIONAL £5



EXTRA FEATURES!

MONDAY: NINJA WARRIOR STYLE OBSTACLE COURSE

TUESDAY: FOOTGOLF DRIVING RANGE

WEDNESDAY: NERF GUN BATTLEZONE

LAUREATE ACADEMY, WARNERS END ROAD,
HEMEL HEMPSTEAD HP1 3DW

BOOK NOW

WWW.JPPROFOOTBALL.CO.UK/FOOTBALL-CAMP

£25 PER DAY



JPPRO



MAY HALF TERM CAMP

FOOTBALL MEGA CAMP



JPPRO

DATES

Mon 30th May - Weds 1st June

TIMES

9:30pm - 3:00pm

Early drop off: 8:30am - additional £5

Late pick up: 4:00pm - additional £5



EXTRA FEATURES!

Monday: Ninja Warrior Style Obstacle Course

Tuesday: FootGolf Driving Range

Wednesday: Nerf Gun Battlezone

BOOK NOW

**Laureate Academy, Warners End Road,
Hemel Hempstead HP1 3DW**

www.jpprofootball.co.uk/football-camp

£25 PER DAY

Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course
starting
June 2022**

**A FREE course for Dads,
Step-Dads and Male Carers**



**Tuesday evenings Online
7.30pm - 9.00pm**

7, 14, 21, 28 June, 5 & 12 July 2022
Sessions will run on Zoom

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- ◆ Understand the links between Feelings, Thoughts and Behaviour
- ◆ Understand what may be influencing your child's behaviour
- ◆ Respond to a range of feelings e.g. stress, anger, anxiety and worries
- ◆ Improve communication to build better relationships
- ◆ Build on your own and your child's strengths
- ◆ Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

Places are funded by HCC for families in Hertfordshire and there are eligibility criteria.

For eligibility and to book your FREE place please

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606



Please like us on Facebook for further updates @familiesfeelingsafe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

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