



Is your child struggling with their emotional and mental health?

The Cardiff & Vale Parent Carer Wellbeing Support Service can help you and your family

We can offer support, advice and a listening ear to help you to regain some balance, look after yourself and feel better equipped to support your child. We can provide:

- Advice, guidance and signposting to services that might help you with specific issues
- Online parenting courses and Family Lives helpline
- Drop in sessions
- Online forum to meet other parents and carers
- Short groupwork courses
- 1:1 support from trained parent volunteers for a 6-8 week period

For more information about this service, please email nicolaS@familylives.org.uk or call on 07739 788115

We build better family lives together

www.familylives.org.uk

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Emotional Wellbeing
& Mental Health
Lles Emosïynol ac
Iechyd Meddwl



A yw eich plentyn yn cael trafferth gyda'i iechyd emosiynol a meddyliol?

Cymorth Llesiant Rhiant-Ofalwyr Caerdydd a'r Fro Gall y gwasanaeth eich helpu chi a'ch teulu

- Cyngor, arweiniad a chyfeirio at wasanaethau a allai eich helpu gyda materion penodol
- Cyrsiau rhianta ar-lein a llinell gymorth Family Lives
- Sesiynau galw heibio
- Fforwm ar-lein i gwrdd â rhieni a gofalwyr eraill
- Cyrsiau gwaith grŵp byr
- Cymorth 1:1 gan rieni gwirfoddol hyfforddedig am gyfnod o 6-8 wythnos

Am ragor o wybodaeth am y gwasanaeth hwn, e-bostiwch nicolaS@familylives.org.uk neu ffoniwch 07739 788115

Rydym yn adeiladu bywydau teuluol gwell gyda'n gilydd

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