



## Confident Parents, Stronger Families

Supporting parents/carers in Caerphilly with a child or young person aged 8 - 17



## How do we help?

Children and young people between the ages of 8 and 17 often experience a number of challenges and changes along the way. We hope to offer advice and support that will help on your journey as a parent/carer and as a family. Our aim is to ensure that everyone is emotionally healthier, happier and better prepared for whatever life may send our way.

We can support you in your home, in the community or virtually (online). To find out more about the support we offer including the groups that we are running, please scan our QR code.



## What do parents say about us?

- “ Thank you for being so supportive through some difficult and challenging times that we have been through as a family. Your support, advice and guidance will remain with us and we are truly grateful for all that you have done for us as a family.”
- “ The service has changed mine and my families lives for the better... I have three very happy children which is all a parent can ask for.”

## Further information

Reach out to us when you need support, we will offer a listening ear to you and your family.

**Tel:** 0300 124 0988

**Email:** CPSFServices@barnardos.org.uk

**f** @BarnardosCPSF

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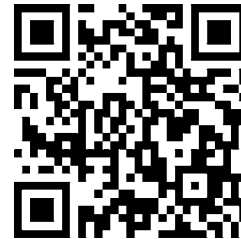
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## Sut rydyn ni'n helpu?

Mae plant a phobl ifanc rhwng 8 ac 17 oed yn aml yn wynebu nifer o heriau a newidiadau ar hyd y daith. Rydyn ni'n gobeithio cynnig cyngor a chefnogaeth a fydd yn eich helpu ar eich taith fel rhiant ac fel teulu. Ein nod yw sicrhau bod pawb yn iachach yn emosiynol, yn hapusach ac wedi'u paratoi'n well ar gyfer troeon bywyd.

Gallwn eich cefnogi yn eich cartref, yn y gymuned neu'n rhithiol (ar-lein). I gael rhagor o wybodaeth am y cymorth rydyn ni'n ei gynnig, gan gynnwys y grwpiau rydyn ni'n eu cynnal, sganiwch ein cod QR.



## Rhieni Hyderus, Teuluoedd Cryfach

Cefnogi rhieni yng Nghaerffili sydd â phleintyn neu berson ifanc rhwng 8 ac 17 oed



## Beth mae rhieni'n ei ddweud amdano ni?

- “Diolch i chi am fod mor gefnogol trwy'r cyfnodau anodd a heriol rydyn ni wedi eu hwynebu fel teulu. Bydd eich cefnogaeth, eich cyngor a'ch arweiniad yn aros gyda ni, ac rydyn ni'n ddiolchgar iawn am bopeth rydych chi wedi'i wneud i ni fel teulu.”
- “Mae'r gwasanaeth wedi newid fy mywyd i a bywyd fy nheulu er gwell... Mae gen i dri o blant hapus iawn. Pwy all ddymuno mwy na hynny?”

## Rhagor o wybodaeth

Os bydd arnoch angen cefnogaeth, gofynnwch am help a byddwn yn cynnig clust i wrando arnoch chi a'ch teulu.

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