

Do you need help to support your child through family separation?



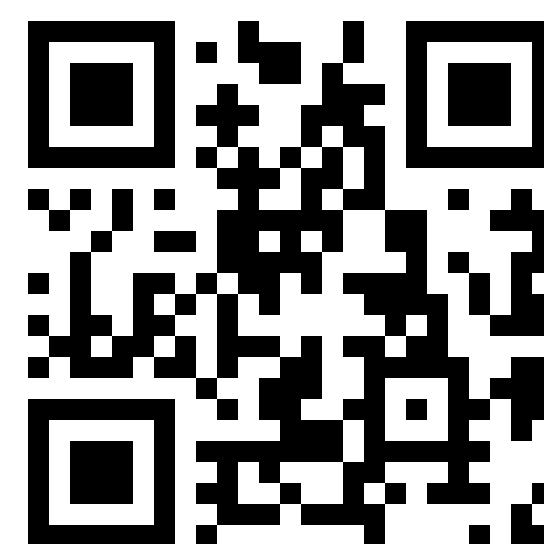
Family Transitions Online Group



- **5 session** online parenting programme
- Designed especially for parents and carers that are being affected by **separation or divorce**.
- Learn tips, tools and strategies you can use now to **smooth the adjustment** and promote your child's wellbeing.

Weekly group sessions run online, daytime or evening options available.

Scan here to book:



For more information email parentinggroups@powys.gov.uk

Register here:
<https://en.powys.gov.uk/triple-P>

A oes angen help arnoch i gefnogi eich plentyn drwy wahanu'r teulu?



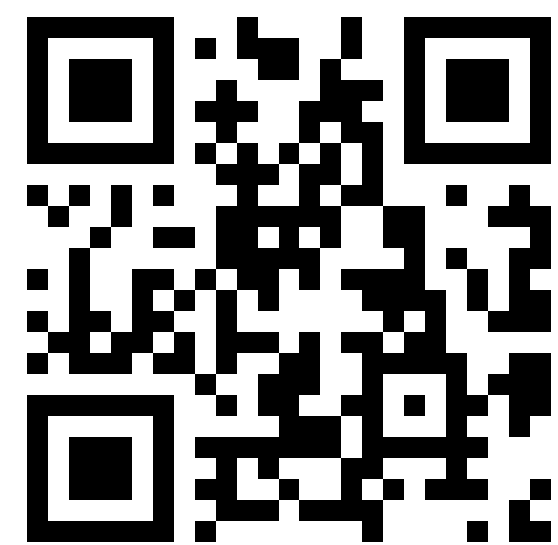
Family Transitions Grŵp Ar-lein

- Rhaglen rhianta ar-lein **5 sesiwn**
- Wedi'i gynllunio'n arbennig ar gyfer rhieni a gofalwyr sy'n cael eu heffeithio gan **wahanu neu ysgaru.**
- Dysgwch awgrymiadau, offer a strategaethau y gallwch eu defnydd nawr i **hwyluso'r addasiad** a hyrwyddo llesiant eich plentyn.



Sesiynau grŵp wythnosol yn cael eu cynnal ar-lein, mae sesiynau a gael yn ystod y dydd neu gyda'r nos.

Sganiwch yma i archebu:



Am ragor o wybodaeth, e-bostiwch parentinggroups@powys.gov.uk

Cofrestru yma:
<https://en.powys.gov.uk/triple-P>