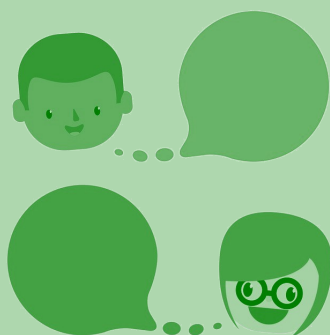




DELTA, a parenting programme for parents & care givers of young people aged 10 - 18.
Using co-production techniques, DELTA offers the opportunity to share experiences in a friendly, non-judgemental way.



Collaboration

Enhance your techniques in how you approach communication with young people which can help reduce conflict, build trust and strengthen relationships.

Diversity

Receive support and gain a better understanding not just in coping with your young people's behaviours, but the influences that may cause their reactions such as environmental influences and neurodiversity.



Wellbeing

Develop new skills that highlight the importance of personal development and growth such as healthy relationships.



Digartref

Supporting People – Improving Lives

01407 761653



Catrin Parry catrinp@digartref.co.uk



Grant Howard grant@digartref.co.uk



www.digartref.co.uk





DELTA is a 5 week forward-thinking parenting programme that is designed to inform and support parents to not only improve their relationships with young people, but also gain an insight and understanding of the teenager of today. By means of helping parents to look at current trends and lifestyle choices, DELTA provides bespoke motivational skills that will not only reduce conflict, but improve empathy, understanding and communication on both sides.

DELTA is also designed to enhance and work hand in hand with other more practical based parenting workshops as a potential add-on. This would work well especially as additional support because it does not repeat traditional parenting workshop content, being very much an independent service that focuses on the blocks and issues that prevent healthy relationships.

DELTA has its roots based on evidence-based research and training which looks at the deeper relationship between parents and teenagers, taking other factors into account such as neurodiversity, social and community life, e.g. poverty, deprivation, rural isolation and environmental influences.

Using practical tools such from substantiated and proven resources including Mind Mechanics and specialist training to help parents understand a variety of issues such as trauma, adverse childhood experiences (ACEs), neurodiversity, LGBTQ+ and offering support in the application of these techniques.

As with other workshops provided by Digartref, DELTA is designed to work with our mediation services should the need arise where an issue can't be resolved by workshops alone.

The workshop, available as face to face group sessions or online is broken up into 5 weekly sessions which are covered by the following headings:

Parenting Styles

Empathy, ACEs and Children's Rights

Environmental Influences and Consequences

Compromising and Negotiation

Emotional Guidance

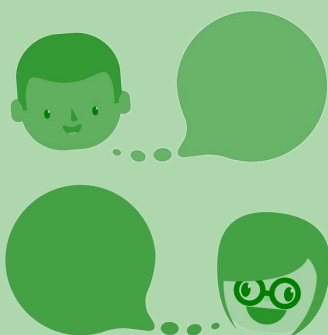
The workshop will be delivered by experienced leaders who have trained and developed this workshop to meet the needs of parents who are struggling to parent and support their young people in today's climate. Its foundations and values originate from consulting with families who have approached and worked with us previously.

For further information please contact us.



DELTA, rhaglen rhianta i rieni a gofalwyr pobl ifanc 10 - 18 oed.

Gan ddefnyddio technegau cyd-gynhyrchu, mae DELTA yn cynnig y cyfle i rannu profiadau mewn ffordd gyfeillgar ac anfeirniadol.



Cydweithio

Gwellau eich technegau o ran sut yr ydych yn ymdrin â chyfarthrebu gyda phobl ifanc a all helpu leihau gwrthdaro, adeiladu ymddiriedaeth a chryfhau perthnasoedd.

Amrywiaeth

Derbynnwch gymorth, nid yn unig i ymdopi ac ymddygiadau eich pobl ifanc, ond hefyd y dylanwadau a all achosi eu hymatebion fel dylanwadau amgylcheddol a niwroamrywiaeth.



Lles

Datblygu sgiliau newydd sy'n amlygu pwysigrwydd datblygiad personol a thwf megis perthnasoedd iach.



Digartref

Cefnogi Pobl – Gwella Bywydau

01407 761653



Catrin Parry catrinp@digartref.co.uk



Grant Howard grant@digartref.co.uk



www.digartref.co.uk





Mae DELTA yn raglen rhianta sydd wedi'i chynllunio i hysbysu a chefnogi rhieni, nid yn unig i wella eu perthnasoedd gyda phobl ifanc, ond hefyd i gael mewnwelediad a dealltwriaeth o bobl ifanc heddiw.

Gyda'r bwriad o helpu rhieni edrych ar dueddiadau cyfredol a dewisiadau ffordd o fyw, mae DELTA yn darparu sgiliau cymhellol pwrpasol a fydd nid yn unig yn lleihau gwrthdaro, ond yn gwella empathi, dealltwriaeth a chyfathrebu ar y ddwy ochr.

Mae DELTA hefyd wedi'i gynllunio i wella a gweithio law yn llaw gyda gweithdai rhianta eraill sydd mwy ymarferol fel ychwanegiad posib. Byddai hyn yn gweithio'n dda fel cymorth ychwanegol oherwydd nid yw'n ailadrodd cynnwys gweithdy rhianta traddodiadol, gan ei fod yn wasanaeth annibynnol sy'n canolbwyntio ar y blociau a'r materion sy'n atal perthnasoedd iach.

Mae gwreiddiau DELTA yn seiliedig ar ymchwil ac hyfforddiant sy'n seiliedig ar dystiolaeth. Mae'n edrych ar berthynas ddyfnach rhwng rhieni a phobl ifanc yn eu harddegau, gan ystyried ffactorau eraill fel niwroamrywiaeth, bywyd cymdeithasol a chymunedol, e.e. tlodi, amddifadedd, arwahanrwydd gwledig a dylanwadau amgylcheddol.

Mae'r gweithdy yn defnyddio offer ymarferol megis adnoddau sydd wedi'u profi gan gynnwys 'Mind Mechanics' ac hyfforddiant arbenigol i helpu rhieni ddeall pob math o faterion fel trawma, profiadau niweidiol yn ystod plentyndod (ACEs), niwroamrywiaeth, LGBTQ+, a chynnig cymorth wrth gymhwyso'r technegau hyn.

Yn yr un modd â gweithdai eraill a ddarperir gan Digartref, mae DELTA wedi'i gynllunio i weithio gyda'n gwasanaethau cyfryngu pe bai'r angen yn codi lle nad oes modd datrys problem drwy weithdai yn unig.

Mae'r gweithdy, sydd ar gael fel sesiynau grŵp wyneb yn wyneb neu ar-lein wedi'i rannu'n 5 sesiwn wythnosol sy'n cael eu cwmpasu gan y penawdau canlynol:

Arddulliau Rhianta

Empathi, ACES a Hawliau Plant

Dylanwadau a Chanlyniadau Amgylcheddol

Cyfaddawdu a Negodi

Arweiniad Emosiynol

Bydd y gweithdy'n cael ei gyflwyno gan arweinwyr profiadol drwy hyfforddiant sydd wedi datblygu'r gweithdy i ddiwallu anghenion rhieni sy'n cael trafferth magu plant a chefnogi eu pobl ifanc yn hinsawdd heddiw. Mae sylfeini y gweithdy yn seiliedig ar ymgynghori gyda theuleuoedd sydd wedi cysylltu a gweithio gyda ni o'r blaen.

Am ragor o wybodaeth, cysylltwch gyda ni.