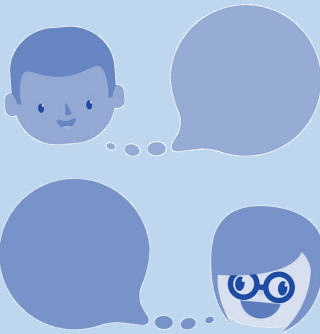




EMPATHY | SITUATIONS | CARE & CONTROL | APPROACH | POSITIVES | EMPOWERING

ESCAPE is a Parenting Workshop that offers help and support for the parents of young people aged 10+. It focuses on improving relationships and family life.

It is a programme, meaning that parents get to meet and share ideas with other parents experiencing similar parenting challenges.



Better Communication

Better communication is the key to getting along with your children.

Having a better understanding of the different experiences your children have, helps reduce conflict, build trust and strengthen relationships.

More Support

Receive support, not just in coping with your children's behaviours, but in helping them understand the day-to-day pressures or difficulties you may be facing, as well as assisting you to understand your children's journey and concerns.



New Strategies



Find a variety of ways of winning your children's cooperation by exploring skills and strategies to avoid confrontation, and by establishing realistic targets and goals for positive change.



Digartref

Supporting People – Improving Lives

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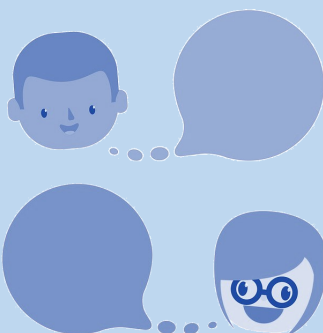




Gweithdy Rhiantau yw ESCAPE sy'n cynnig help a chefnogaeth i rieni pobl ifanc 10—16 oed. Mae'n canolbwyntio ar wellau perthnasau a bywyd teuluol.

Mae'n raglen sy'n rhoi y cyfle i rieni gyfarfod a rhannu syniadau gyda rhieni eraill sy'n profi heriau rhiantu tebyg.

Cyfathrebu Gwell



Cyfathrebu gwell yw'r allwedd i ddod ymlaen gyda'ch plant.

Mae cael gwell dealltwriaeth o'r gwahanol brofiadau sydd gan eich plant, yn helpu i leihau gwrthdaro, adeiladu ymddiriedaeth a chryfhau perthnasau.

Cefnogaeth

Derbynnwch gymorth, nid yn unig i ymdopi ac ymddygiadau eich plant, ond hefyd i'w helpu i ddeall y pwysau neu'r anawsterau yr ydych yn ei wynebu o ddydd i ddydd, yn ogystal â'ch cynorthwyo i ddeall taith a phryderon eich plant.



Strategaethau Newydd



Trafod amrywiaeth o ffyrdd gwahanol i ennill cydweithrediad eich plant drwy archwilio sgiliau a strategaethau i osgoi gwrthdaro, a thrwy sefydlu targedau a nodau realistig ar gyfer newid cadarnhaol.



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