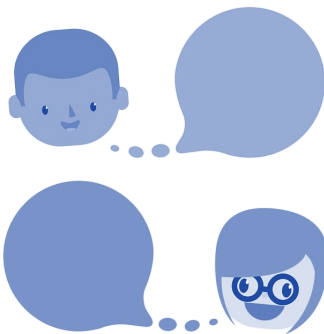




PARALLEL LINES

A fun Group Work Programme for Young People



Better Communication

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

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

More Support

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



New Strategies

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



Digartref

Supporting People – Improving Lives

01407 761653



Catrin Parry catrinp@digartref.co.uk



Grant Howard grant@digartref.co.uk



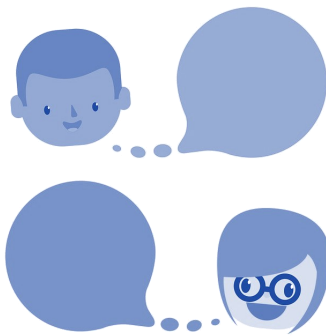
www.digartref.co.uk





PARALLEL LINES

Gweithdy hwylus i bobl ifanc!



Cyfathrebu Gwell

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

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

Cefnogaeth

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



Strategaethau Newydd

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

01407 761653



Digartref

Supporting People – Improving Lives

Catrin Parry catrinp@digartref.co.uk



Grant Howard grant@digartref.co.uk



www.digartref.co.uk

