



Families talking together

at
Springwood Primary School

What is it? It is a therapeutic approach to support parents in a private and confidential setting.

Who are they?

Ours is Mrs Cerys Barry.

She is our specialist higher level teaching assistant who has been trained to work with families who need emotional support in all aspects of life ie financial, health, past trauma, bereavement...

What do she do?

Mrs Barry works closely with Mr Farrell and Mrs Hancock. It is a talking therapy with a CBT approach. Parents have the opportunity to talk freely without judgement and can be directed to relevant agencies to offer further support.

How will you benefit?

You will:

- 😊 Be supported and feel heard
- 😊 Have the opportunity to talk in a non-judgemental environment
- 😊 Learn new coping skills
- 😊 Improve well-being
- 😊 Feel better about yourself
- 😊 Have more knowledge of what you could potentially access
- 😊 Have a better understanding of mental health and it's ok to feel the way you feel and that someone is listening

Contact Mrs Hancock if you have any concerns you would like to discuss or if you require further information. Elizabeth.hancock@cardiff.gov.uk