



## Families Talking Together at Springwood Primary School

### What is Families Talking Together?

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

### Who works with you?

Our Families Talking Together counsellor is 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 such as financial, health, past trauma and bereavement to name but a few.



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, that it's ok to feel the way you feel and that someone is listening.

Please contact Mrs Hancock if you have any concerns you would like to discuss or if you require further information.

[Elizabeth.Hancock@cardiff.gov.uk](mailto:Elizabeth.Hancock@cardiff.gov.uk)