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University Health Board



CHILDREN'S CENTRE PSYCHOLOGY HELPING HANDS OUTREACH

Children's Centre Psychology is a multi-professional team which includes Clinical Psychologists, Assistant Psychologists, Child Development Advisors, a Parent/Carer Counsellor, and Parent/Carer Peer Mentor working across the three Children's Centres in Gwent. We are here to support children with additional needs and their families with their emotional wellbeing.

Please see below the offers we have available to any parents/carers of children with additional needs.

PARENT & CARER COUNSELLING



We offer 3-5 counselling sessions with our Parent Counsellor to focus on your experience and emotional well-being as a caregiver.

Scan or click on the QR code to book

PARENT & CARER VIRTUAL WORKSHOPS



- Exploring Behaviours That Can Challenge
- Supporting Sleep
- Supporting Anxiety in Children
- Transitions
- Supporting Communication

Scan or click on the QR code to book

SELF-HELP TOOLKITS

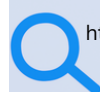


- Emotional Wellbeing
- Separation Anxiety
- Friendship
- Promoting Sleep
- Supporting Siblings
- A Dad's Journey
- Supporting Anxiety
- Supporting Transitions
- Understanding Behaviours That Can Challenge
- Building your Resilience

Scan or click on the QR code to download.

Copies can also be requested from your local Family Liaison Officer

**Scan or click to
visit our website**



<https://abbhealthiertogether.cymru.nhs.uk/parentscares/your-childs-mental-health/helping-hands-psychology-service-children-additional-needs>