GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board

Caerphilly Serennu Nevill Hall
Children's Centre Psychology

Children's Centre Psychology

SIBLINGS THERAPEUTIC GROUP



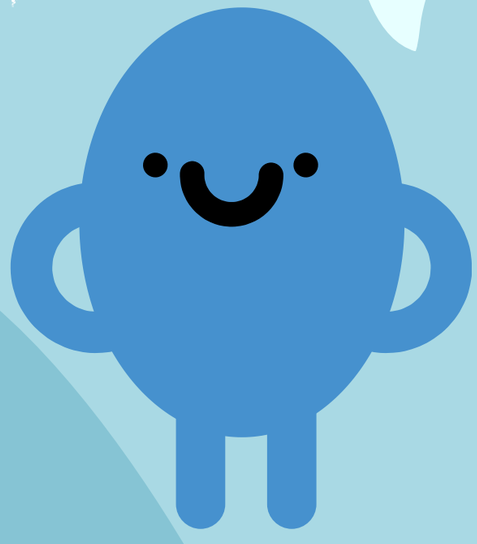
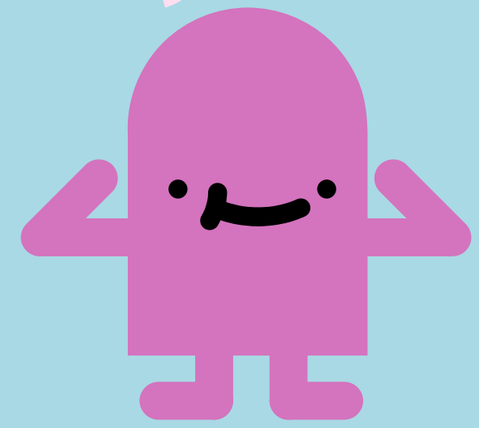
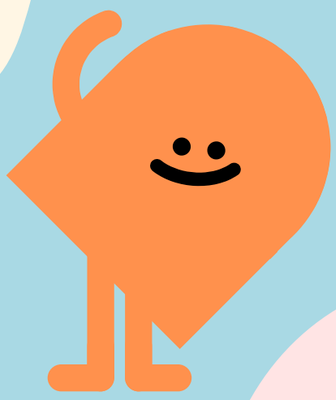



Every Monday starting Monday 19th January - 16th March Monday
4pm-5:30pm, at Llwyn Onn, St Cadoc's Hospital

Do you have a brother or sister with an additional need?

Would you like a space to meet and talk with other young people who also have a sibling with an additional need?

If yes, come along to our SIBS group!

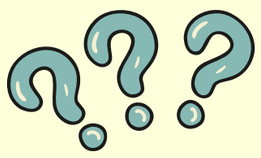




We will think and talk together about:

Your family



What it is like to be a sibling



Emotions



Support for you



We will meet for 8 sessions. Sessions are 1 and a 1/2 hours.



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Do you have a brother or sister with an additional need?

Would you like a space to meet and talk with other young people who also have a sibling with an additional need?

Who?

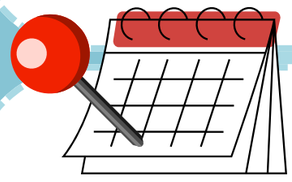
Who is it for?

Our sibling's group is open to children and young people **aged 8-12 years (School Years 4-7)** who have a sibling with additional needs.



What is the group about?

You will meet with other young people who also have siblings with additional needs. As a group we will be getting to know each other, thinking about emotions and how we can manage them, and what it's like to have a sibling.



When is the group?

The Siblings group is running **every Monday (apart from half term)**, starting on the **19th January** and ending on the **16th March**. This means there are **8** sessions in total, and all will be **4pm-5.30pm.** The group is held at **Llwyn Onn, St Cadoc's Hospital.**



I feel nervous about attending the group...

It's totally normal to feel nervous about attending a group for the first time. If you feel this way, we are happy to meet with you beforehand or talk to you about any worries you might have.

If you would like your child to access the group please scan the QR code **by 22nd December** to complete a self-referral form and someone from the team will get in touch to discuss further.

For Children's Centre Professionals: if you know of a family with a sibling of a young person with additional needs who may like to attend the Siblings Group, we kindly ask that you complete our Request for Involvement Form and return to abb.helpinghandsteam@wales.nhs.uk.

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Seicoleg y Ganolfan Blant

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Children's Centre Psychology

GRŴP THERAPIWTIG AR GYFER BRODYR A CHWIORYDD



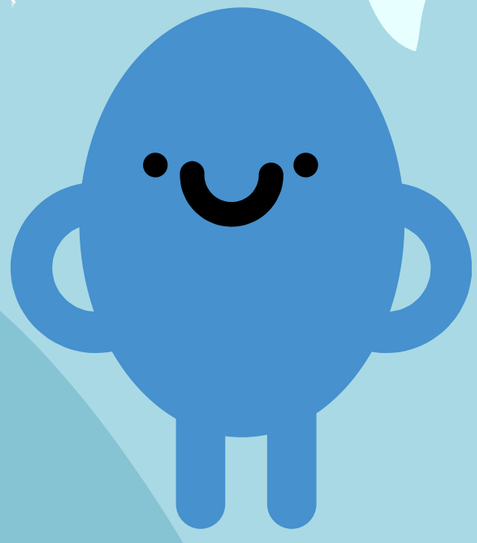
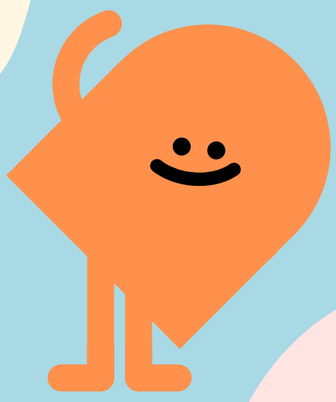
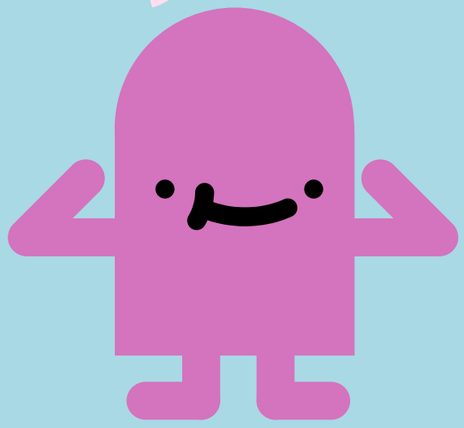



Bob dydd Llun yn dechrau Dydd Llun 19 Ionawr tan Ddydd Llun 16 Mawrth
4pm-5:30pm, yng Nghanolfan Plant Serennu

Oes gen ti frawd neu chwaer gydag anghenion ychwanegol?

Hoffet ti le i gwrdd a siarad â phobl ifanc eraill sydd hefyd â brawd neu chwaer sydd ag anghenion ychwanegol?

Os felly, tyrd draw i'n grŵp SIBS!

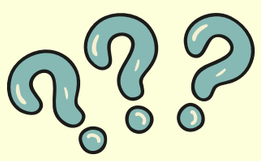




Byddwn yn meddwl ac yn siarad gyda'n gilydd am:

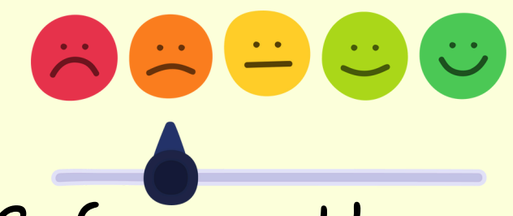
Eich teuluoedd



Sut bethyw bod ynfrawd neu chwaer



Emosiynau

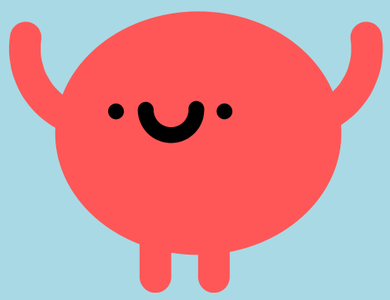


Cefnogaeth





Byddwn yn cwrdd am 8 sesiwn. Mae'r sesiynau yn 1 awr a 1/2.



Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board

Seicoleg y Ganolfan Blant

GRŴP THERAPIWTIG AR GYFER BRODYR A CHWIORYDD






Oes gen ti frawd neu chwaer gydag anghenion ychwanegol?

Hoffet ti le i gwrdd a siarad â phobl ifanc eraill sydd hefyd â brawd neu chwaer sydd ag anghenion ychwanegol?

Who?

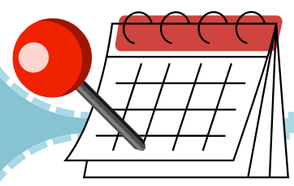
Ar gyfer pwy?

Mae ein grŵp brodyr a chwiorydd yn agored i blant a phobl ifanc **8-12 oed (Blynyddoedd Ysgol 4-7)** sydd â brawd neu chwaer ag anghenion ychwanegol.



Beth yw'r grŵp?

Dyma gyfle i gwrdd â phobl ifanc eraill sydd hefyd â brodyr a chwiorydd ag anghenion ychwanegol. Fel grŵp byddwn yn dod i adnabod ein gilydd, yn meddwl am emosiynau a sut y gallwn eu rheoli, a sut beth yw cael brawd neu chwaer.



Pryd mae'r grŵp?

Mae'r grŵp Brodyr a Chwiorydd yn cael ei gynnal **bob dydd Llun (ar wahân i hanner tymor)**, gan ddechrau ar **19 Ionawr** ac yn gorffen ar **16 Mawrth**. Mae hyn yn golygu bod cyfanswm o **8** sesiwn, a bydd pob un rhwng **4pm** a **5.30pm**. Cynhelir y grŵp yng **Nghanolfan Plant Serennu**.

Rwy'n teimlo'n nerfus am fynychu'r grŵp...

Mae'n hollol normal teimlo'n nerfus am fynychu grŵp am y tro cyntaf. Os wyt ti'n teimlo fel hyn, rydym yn hapus i gwrdd â thi ymlaen llaw neu gallwn siarad â thi am dy bryderon.

Os hoffech i'ch plentyn gael mynediad at y grŵp, sganiwch y cod QR erbyn 22 Rhagfyr i lenwi ffurflen hunan-gyfeirio a bydd rhywun o'r tîm yn cysylltu â chi i drafod ymhellach.

Ar gyfer Gweithwyr Proffesiynol y Ganolfan Blant: os ydych chi'n adnabod teulu â brawd neu chwaer unigolyn ifanc ag anghenion ychwanegol a allai fod yn dymuno mynychu'r Grŵp Brodyr a Chwiorydd, gofynnwn yn garedig i chi lenwi ein Ffurflen Gais am Gyfranogiad a dychwelyd i abb.helpinghandsteam@wales.nhs.uk.