



GIG
NHS
WALLS

Bwrdd Iechyd Prifysgol
Sŏo Abertawe
Swansea Bay University
Health Board

CAMHS

SCHOOL IN-REACH

EMOTIONAL WELLBEING SERVICE



PARENT/CARER WORKSHOPS

Venue:
Blaengwrach
Primary
School

EMOTIONAL REGULATION

Date: Wednesday
14th January
Time: 1.30-3.00

BIG EMOTIONS - Anger

Date: Wednesday
21st January
Time: 1.30-3.00

WORRIES

Date: Wednesday
28th January
Time: 1.30-3.00

SELF ESTEEM & RESILIENCE

Date: Wednesday
4th February
Time: 1.30- 3.00

KEEP UP TO DATE WITH US ON  [FBSCHOOLINREACH](#)



Join us for Stay & Play

Thursday afternoons 1-2.30pm
Starting Thursday January 15th
In the WELFARE HALL

0-4 year olds

Free

Come join the fun where children can explore their environment through play, while developing their skills in a safe place. This gives parents chance to have a cuppa and a chat.

Contact Louise your
Family Engagement
Officer on
07483361252



**BLAENGWRACH
PRIMARY**



PARENT & CHILD AFTERSCHOOL CRAFTING CLUB

CRAFT - DRAWING - PAINTING

**WEDNESDAYS 3.20-4PM
STARTING WEDNESDAY 14TH
JAN**

Please contact Louise your family
engagement officer to book in or
just pop along!
07483361252





BLAENGWRACH

Coffee & Conversation: Meet the Services That Support You

**Every Wednesday
9:15 – 11:00 AM**



**For more information, please contact
your Family Engagement Officer,
Louise on 07483 361252
or l.gibbon@npt.gov.uk.**