

Y Bont: Continuing to support Children, Young People and Families

Many families are facing daily challenges during the difficult times around the **COVID 19 Pandemic**.

Maybe some are worried about family and friends, feeling the strain of spending so much time together at home or having problems with contact with children.

Even though it feels very different to many of us, Y Bont continues to provide services to support families:

- Support chats and groups
- Counselling over the phone or internet
- Family meeting or mediation

Remember you can pick up the phone 01286 881620 or e-mail post@bont.org.uk

www.bont.org.uk

