



Solution Focused 1-2-1 Sessions

What is Solution-Focused Practice?

A short-term, evidence-based approach that helps you:

- Focus on what's working, not what's wrong
- Build on your strengths and past successes
- Set clear, achievable goals
- Take practical steps toward the changes you want

Is This for You?

If you're ready to try new ways of tackling challenges and are open to taking small steps outside of sessions - this could be a great fit. Sessions are **free** and **confidential**.

What to Expect:

- A safe, supportive space to talk
- Respect for your experiences and efforts
- Help to identify what's already working
- Support to create simple, do-able action plans



For further information, please contact 07738148728



Goleudy

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