



Supporting You Through Pregnancy Decision and Loss

Y Bont is a free support service in North Wales and Chester for anyone facing a pregnancy decision and for those in need of support after experiencing pregnancy loss.

Contact us for further information or to arrange to speak to one of our team

Tel: 01978 359 645

Text: 07749 391 181

Email: info@ybont.org.uk

Find us on

   @ybontwreccsam

www.ybont.org.uk

WHO WE ARE

Y Bont is the only dedicated pregnancy decision and pregnancy loss support service in North Wales.

Our Vision

Our vision is to see everyone in North Wales and Chester supported through pregnancy decisions and pregnancy loss.

Our Team

Y Bont volunteers have completed an accredited course (or have equivalent experience) and receive in-house training. Each volunteer also receives regular, ongoing supervision.

Who do we help?

Anyone:

Our free support service is available to anyone living in North Wales or Chester. We offer support in our centre in Wrexham, on the phone or online. We offer help to individuals and couples whether you are dealing with something happening now or in the past.

Testimonial:

“
I didn't know what to expect but she was kind, and made it really easy for me to talk about it all
”

Client, Wrexham

Pregnancy Decisions:

An unintended pregnancy can be a crisis for anyone whatever your circumstances. You may be feeling a range of emotions or finding it hard to think straight. Or you may be facing difficulties because you've been advised of a possible foetal abnormality. Y Bont offers you free support and space to share and work through your emotions and questions. We can help you explore what it might mean to continue the pregnancy, to have a termination or to consider adoption.

Pregnancy Loss:

Termination:

Following a termination you may feel a variety of emotions. Y Bont can help you work through these.

Miscarriage & Stillbirth:

Y Bont can provide care for those who have experienced miscarriage, ectopic pregnancy, stillbirth or neonatal loss.

Y Bont offers a structured support programme for those struggling after pregnancy loss.

Practical & Emotional Support:

At Y Bont we offer care and support for as long as you need it. If you need to chat or have someone support you at a difficult appointment, we will do what we can to help.

Whatever your circumstances, Y Bont can offer you support.

Registered charity number: 1126108

