



Rhiant/Gofalwr Sesiwn Galw Heibio

Oes angen cefnogaeth arnoch chi?
Cwestiwn? Unrhyw bryderon?

Fel rhiant/gofalwr, mae gan bob un ohonom ein uchafbwyntiau ac isafbwyntiau'. Os ydych chi'n teimlo bod angen i chi siarad neu ofyn am gyngor, mae croeso i chi alw heibio am sgwrs dros goffi. Mi fydd holl faterion yn gyfrinachol a byddaf yn gweithio gyda chi i ddatrys unrhyw bryderon neu faterion sydd gennych.

Pob dydd Mawrth 9.15-10.00
a dydd Iau 2.30-3.15



parent/Carer Drop in Support Session

Do you need support?
A Question?
Issue?

As a parent/carer we all have our 'highs and lows'.
If you feel you need to talk or seek advice feel
free to drop in for a chat over a coffee. All
matters will be dealt with confidentially and I will
work with you to resolve any concerns or issues you
may have.

Every Tuesday 9.15-10.00
and Thursday 2.30-3.15