



Rhianta a Chefnogaeth i Deuluoedd

Cwrs Family Links



Sesiynau llawn hwyl er mwyn helpu chi i ddysgu sgiliau rhianta newydd.

Cwrs i archwilio sut i gael y gorau mas o'ch bywyd teuluol.

Bydd y cwrs yn edrych ar wahanol pynciau fel:

- Hunan - barch / Datblygu ni ein hunain
 - Dewisiadau a chanlyniadau
 - Datrys problemau
 - Amser i Ymdawelu
- Ymdopi â theimladau mewn ffordd fuddiol

Dydd Iau (Am 9 wythnos)

12.30 - 2.30pm

Yn dechrau 18-01-24

* Rhaid archebu lle

Penparcau family centre, 105-106 Heol Tyn-Fron, Penparcau, SY23 3YD

What3Words:

CYSYLLTWCH

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I gael rhagor o wybodaeth, sganwch y codau QR i weld ein tudalennau Dewis a'n gwefan cyfryngau cymdeithasol.

FACEBOOK



DEWIS



Parenting and Family Support

Family Links Course



Fun sessions to help you learn new parenting skills.

A course for exploring how to get the best out of family life.

The course will look at different topics like:

- Self - esteem / Nurturing ourselves / Personal Power
 - Choices and consequences
 - Problem Solving
 - Time to Calm Down
- Coping with feelings—helpfully

Thursdays (for 9 weeks)

12.30– 2.30pm

Starting 18-01-24

* Booking Essential

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For more information, scan the QR codes to see our Dewis pages and social media so-site.

FACEBOOK



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