

# Ffyrdd o gael Gwaith

# Ways into Work

**A ydych chi'n edrych am gyflogaeth,  
hyfforddiant neu eisiau gwella eich  
iechyd a'ch lles?**

**Are you looking for employment,  
training or to improve your health and  
wellbeing?**

Dewch draw i weld yr holl gyfleoedd sydd  
ar gael **AM DDIM!**

7 Chwefror 2019, 11am-3pm

Theatr y Ffwrnes, Llanelli

**Dewch draw ar gyfer:**

Come along and see all the **FREE**  
opportunities on offer!

7th February 2019, 11am-3pm

Y Ffwrnes Theatre, Llanelli

**Come along for:**

Beth am roi cynnig ar rywbeth newydd drwy ein  
gweithdai loga, sgiliau cyfweiliad, gwirio CV a  
llawer mwy!

Why not try something new with our workshops  
in yoga, interview skills, CV check and more!



Gweithdai cyflogaeth amgen gan  
gynnwys gemwaith, uwchgylchu,  
tecstilau a llawer mwy!

Alternative employment workshops  
including jewellery, upcycling,  
textiles and more!



Gwybodaeth am iechyd a lles gan gynnwys  
sesiynau bwyd a hwyliau ac ymlacio

Health and wellbeing information including  
food and mood and relaxation sessions



Cyfleoedd i Wirfoddolwyr - Dewch i siarad am  
gyfleoedd gwirfoddoli yn eich ardal chi

Volunteer opportunities - Come and talk about  
volunteer opportunities near you



Cymorth â Chyflogaeth - cwrdd â'r  
prosiectau cyflogaeth sy'n gallu'ch  
helpu a'ch cefnogi chi

Employment support - meet the  
employment projects that can help  
and support you



Gwybodaeth ariannol ynghylch cyllidebu a chynilo  
Financial information around budgeting & saving



**I gael rhagor o wybodaeth, cysylltwch â ni: For more information contact us on:**

**01554 784847**

**C4WPLUS@carmarthenshire.gov.uk**

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