

**Ydych chi'n cael trafferth dod o hyd i normal newydd ar ôl COVID?
Are you struggling to find a new normal after COVID?**

**Teimlo ar goll ac angen cefnogaeth? Rydym yn cynnal cwrs gwytnwch COVID am ddim mis hwn.
Feeling lost and need some support? We are running a free COVID resilience course this month**



**05 /11/2020
10am**

**Ffoniwch ni ar 01554 784847 neu
anfon neges atom ar Facebook**



**Give us a call on 01554 784847 or
drop us a message on Facebook**

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3 part course 11th 12th 13 November 2020 – 10am to 11.30am
Cwrs 3 rhan 11eg 12fed 13 Tachwedd 2020 - 10am i 11.30am

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Y Gronfa Waddol
Legacy Fund



Arwriaeth gan
Llywodraeth Cymru
Funded by
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Cyngor Sir Gâr
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County Council

