



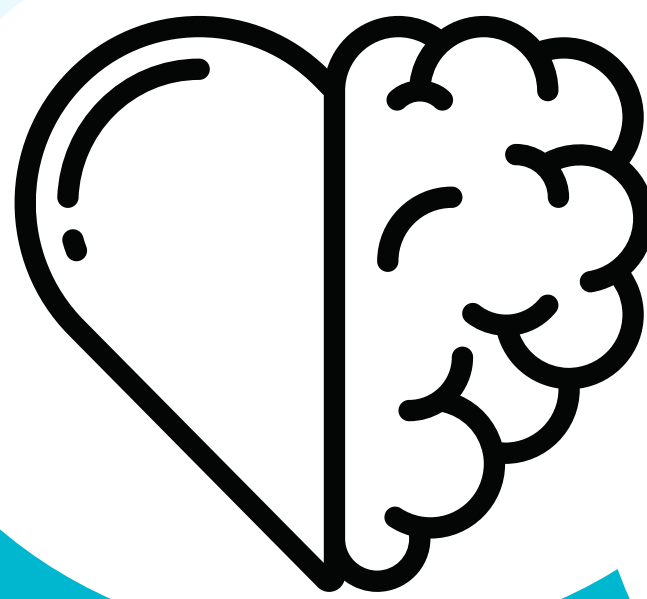
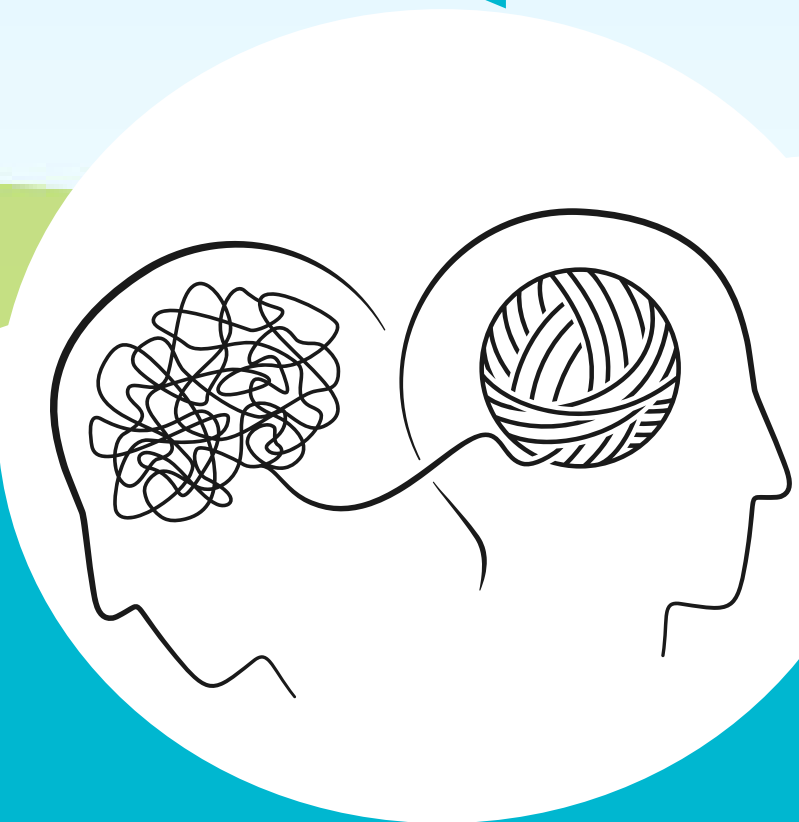
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WHAT ABOUT STARTING TO 'LIVE LIFE TO THE FULL'?

A COURSE USING COGNITIVE BEHAVIOUR THERAPY APPROACH



Feeling low, anxious or isolated?

Six weeks could change your life!

This course is designed to help you live life to the full using self help approaches based on the Cognitive Behavior Therapy (CBT) approach. Want to feel happier, have more energy, gain confidence, feel less stressed and develop skills to deal with life's challenges? Then this course is for you!

Cost:



Location:

Teaching & Learning
Centre at UWTS
Carmarthen Campus



Date/Time:

9th Nov - 14th Dec
2022. Six Wednesday
classes 6pm - 8pm



Contact Donna Williams to book your space or for more information:
Email: Donna.c.williams@uwtsd.ac.uk or call 07946052833.



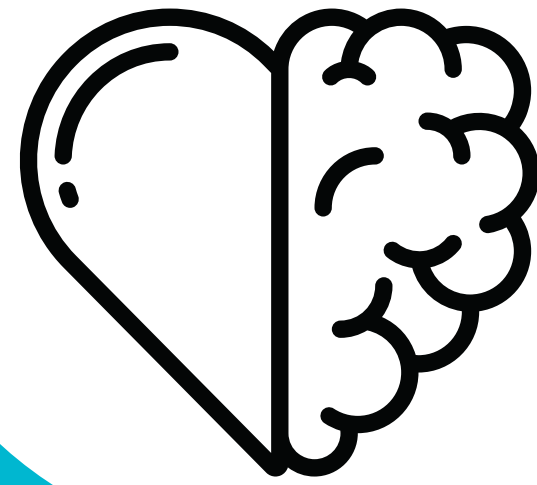
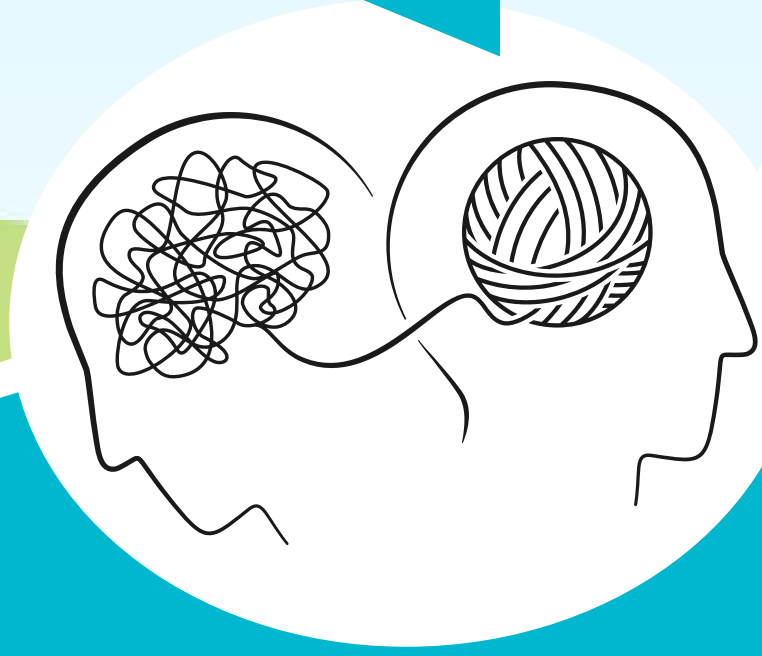
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BETH AM DDECHRAU 'BYW BYWYD I'R EITHAF'?

CWRS YN DEFNYDDIO THERAPI YMDDYGIAD GWYBYDDOL



Teimlo'n isel, pryderus neu'n ynysig?

Newidiwch eich bywyd mewn chwe wythnos!

Lluniwyd y cwrs yma i'ch cynorthwyo i fyw bywyd i'r eithaf trwy ddefnyddio agweddau yn seiliedig ar syniadaeth Therapi Ymddygiad Gwybyddol. Ydych chi eisiau teimlo'n hapusach, mwy egniol, datblygu hunan hyder, teimlo'n llai pryderus a datblygu sgiliau i ddelio gyda heriau bywyd? Yna dyma'r cwrs i chi.

Cost:

*Am
ddim*

Lleoliad:

Canolfan Dysgu ac
Addysg, Campws
Caerfyrddin



Dyddiad/Amser:

9ed Tachwedd - 14eg
Rhagfyr 2022, chwech
dosbarth nos Fercher

6 yh- 8 yh



Cysylltwch â Donna Williams i archebu lle neu am fanylion pellach:
Ebst : Donna.c.williams@uwtsd.ac.uk neu ffoniwch 07946052833