

## Canolfan Deulual Garnant Family Centre

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FB:- <https://www.facebook.com/GarnantFamilyC>

Mai/May Mae pob sesiwn am ddiin/All Sessions are Free

Dydd Mawrth Tuesdays	Dydd Mercher Wednesdays	Dydd Iau Thursdays	Dydd Gwener Fridays
<p><b>Grŵp Plant Bach a Brodyr a Chwiorydd</b> 1pm-2.30pm Canolfan Gymunedol Cwmaman</p> <p><b>Tyfu Gyda'n Gilydd ar gyfer y gymuned gyfan.</b> 10am-12pm Galwch heibio i roi cynnig arni Canolfan Deulu Garnant Yng Ngardd Gymunedol Canolfan Deulu Garnant</p> <p><b>Toddler and Sibling Group</b> 1pm-2.30pm Cwmaman Community Centre</p> <p><b>Growing Together for the whole community.</b></p>	<p><b>Sesiwn Gardd Gudd</b> Llawer o weithgareddau hyfryd ar gyfer plant 0-4 oed 10am-1.000pm yng Ngardd Gymunedol Canolfan Deulu Garnant</p> <p><b>Hidden Garden session</b> Lots of lovely activities for 0-4 yr olds 10am-1.00pm at Garnant Family Centre Community Garden</p>	<p><b>Canolfan Deulu Galw Heibio</b> 9.30-12.30</p> <p>Gwyddoniaeth Cegin a gweithgareddau 3.30-5.00 yng Ngardd Gymunedol Canolfan Deulu Garnant</p> <p>Family Centre Drop In 9.30-12.30</p> <p>Kitchen Science plus activities 3.30-5.00 At Garnant Family Centre Community Garden</p>	<p>Yng Nghanolfan Deuluol Garnant Tylino Babanod 9.00am-10.00</p> <p>Grŵp Twmpathau i Fabanod 9.30am-11.30</p> <p>At Garnant Family Centre</p> <p><b>Baby Massage</b> 9.00am-10.00</p> <p>Bumps to Babies Group 9.30am-11.3</p>

<p>10am-12pm Drop in and try it out</p> <p>Canolfan Deulu Garnant</p> <p>At Garnant Family Centre Community Garden</p>			
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**Sesiynau Ychwanegol ym mis Mai  
Archebwch os gwelwch yn dda**

**Dydd Iau 16eg** – Cymorth Cyntaf Pediatrig Ambiwlans Sant Ioan (creche ar gael). 10.00am-12.00.

**Dydd Iau 23ain** - Hyfforddiant Gerddi Botaneg Cenedlaethol Cymru -lechyd a Diogelwch o amgylch y Pwll Tân a defnyddio offer gyda phlant. Marshmallows a phopcorn wedi'u cynnwys. 10.30yb-12.30

**Extra Sessions in May  
Please Book**

**Thursday 9<sup>th</sup>**-National Botanic Gardens of Wales Training -Health and Safety around the Fire Pit and using tools with children. Marshmallows and popcorn included. 10.30am-12.30

**Thursday 16<sup>th</sup>**-St John's Ambulance Paediatric First Aid (creche available). 10.00am-12.00.