



Gwasanaeth Cynnal Gofalwyr

Mis Hydref

Cyfarfodydd grwpiau cefnogi ar gyfer rhieni a gofalwyr plant ag anghenion ychwanegol ac oedolion ag anhawster dysgu (anabledd dysgu).

Bore dydd Mawrth 5/10/21 am 10.30

Grŵp cerdded – Cob crwn a Chob hir Porthmadog
Cyfarfod wrth Wilko Porthmadog LL49 9BU

Bore dydd Mercher 6/10/21 am 10.30

Cyfarfod cefnogi rhieni a gofalwyr ar lein

Bore dydd Llun 18/10/21 am 10.30

Cyfarfod cefnogi rhieni a gofalwyr ar lein

Os oes gennych ddiddordeb i ymuno efo'r grwpiau ar lein cysylltwch â Chynnal Gofalwyr i dderbyn dolen

☎ **01248 370797**

✉ help@carersoutreach.org.uk

Rhif Elusen Gofrestredig 1066262



Carers Outreach Service

October

Support group meetings for parents and carers of children with additional needs and adults with learning difficulties (disability)

Tuesday 5/10/21 at 10.30

Walking group – Cob crwn and Cob hir Porthmadog
Meet by Wilko Porthmadog LL49 9BU

Wednesday 6/10/21 at 10.30

Online parent and carers support meeting

Monday 18/10.21 at 10.30

Online parent and carers support meeting

If you have an interest to join the online support groups contact Carers Outreach for a link

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Registered Charity Number 1066262