

Cwrs Rheoli Pryder Anxiety Management

Cwrs 7 wythnos Rheoli Pryder
ar gyfer pobl 18-35 oed

- Gallwch ddysgu beth yw natur pryder a sut mae'n cael ei gynnal
- Dysgu amrywiaeth o sgiliau ymarferol i helpu lleihau ac ymdopi â phryder

A 7 week Anxiety Management course
for people aged 18-35

- Understand what anxiety is and how it's maintained
- Learn practical skills to help reduce and cope with anxiety

Caernarfon

Dydd Mercher 10:00-12:00 Wednesdays
Mai 15 May - Mehefin 26 June 2019

Am fwy o wybodaeth neu i gadw lle ar y cwrs gallwch gysylltu â:
For more information or to book a space on the course please contact:

Ebost / Email: info@monagwyneddmind.co.uk

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