

# Rheoli Pryder

## Anxiety Management

Cwrs i bobl ifanc / Course for young people aged 14-18

Caergybi / Holyhead

Dydd Mercher / Wednesdays 4pm - 5pm

Ionawr 29 January — Mawrth 11 March 2020



- Galluch ddysgu beth yw natur pryder
- Dysgu amrywiaeth o sgiliau ymarferol i helpu lleihau pryder
- Sut i weithio'n fwy hyderus gyda sefyllfaoedd o straen
- Understand what anxiety is
- Learn skills to help deal with anxiety
- Cope more confidently in stressful situations

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](mailto:info@monagwyneddmind.co.uk)

Ffôn / Phone: 01286 685 279

Text: 07531 297 847

 Ynys Môn Gwynedd Mind

 @monagwyneddmind



  
for better mental health  
o blaidd gwell iechyd meddwl

Ynys Môn &  
Gwynedd