



Cwrs Ymwybyddiaeth Mindfulness Course

Caergybi / Holyhead - Dydd Mawrth / Tuesdays 4pm-4.50pm
Cychwyn ar Ebrill 10 Starting on 10 April

Cwrs 10 wythnos ar gyfer pobl ifanc (14-18 oed) sy'n anelu i ddysgu ymwybyddiaeth fel sgil bywyd:

- i deimlo'n hapusach, yn dawelach ac yn fwy bodlon
- dod ymlaen yn well gydag eraill
- helpu i ganolbwyntio
- Ymdopi'n well â straen a phryder

A 10 week course for young people (14-18) that aims to teach mindfulness as a life-skill:

- To feel happier, calmer and more fulfilled
- get on better with others
- improve concentration
- cope better with stress and anxiety

Am fwy o wybodaeth gallwch gysylltu â: / For more information please contact:

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Plant Mewn Angen
Children in Need



for better mental health
o blaid gwell iechyd meddwl

Ynys Môn &
Gwynedd