

Rheoli Pryder

Anxiety Management

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

Llangefni

Dydd Mercher / Wednesdays 2pm-3pm

Gorffennaf 25 July — Awst 29 August 2018



- 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

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