



10.00-12.00
Monday Me Time
with Textile Artist Kate Philbin



Relaxation Through Art
(If you're interested let us know)

3.00-3.30
Half Hour Club



Pop in for a chat when you're on the school run

10.00-12.00
Baby Club
with Sarah & Siân
Drop in for chat and meet other parents. Infant feeding support available



For ages 0-1 years
Health Visitors Emma & Ann present


10.00-3.00
DASU
Domestic Abuse Safety Unit



Advice and support from Hayley on Domestic abuse and healthy relationships

3.00-4.15
Let's Get Sensory
with Mari
Additional Learning needs play session. An interactive play session centred on sensory experiences

6.00-7.30
Talking Teens
with Wendy & Meinir



Please contact the Family Centre for more information


10-11.30
Top Tips for Parents
with Sarah, Mari & Melangell
4 week course starts **28th Sept**
Join a small group to talk about and share ideas and tips on how to get the best out of family life.
****Creche Available****
to book your place contact us

1.30-2.30
Sensory Play session
with Meinir
A fun session for babies/toddlers aged 0-2½




Please bring a change of clothes and a towel

3.00-3.30
Half Hour Club



Pop in for a chat when you're on the school run

9-10.30
Cuppa and a Chat
with Sarah & Melangell coming soon



1.30-2.45
Stay & Play
With Meinir



Fun session for you and your pre-school child

1.30-2.45
Homestart Clotheshare
4th Thursday of the month
Community Clothes Share Project. FREE pre-used children's clothing in good, clean condition.

2.00-4.00
Integrated Autism Services Drop-in
Every 2 weeks, starting on the 15th September

9.00-11.00
Ti a Fi Sensory Play
with Meinir
Ysgol Cerrigydrudion
2nd Friday of the month

9.00-10.30
Ysgol Capel Garmon
3rd Friday of the month



A fun session for babies/toddlers aged 0-2

10.30-11.30
Baby Massage
with Siân
5 week course



Time to relax with your baby to book your place contact us


3.00-3.30
Half Hour Club



Pop in for a chat when you're on the school run




10.00-12.00
Llonydd Dydd Llun
gyda Artist Tecstilïau
Kate Philbin




Ymlacio trwy Gelf
(os oes gennych ddi-ddordeb
gadewch i ni wybod)

3.00-3.30
Clwb Hanner Awr



Galwch heibio am sgwrs
pan fyddwch chi yn ôl
y plant o'r ysgol

10.00-12.00
Clwb Babanod
gyda Sarah & Siân




Galwch heibio
am sgwrs
a chwrdd â
rhieni eraill.
Cefnogaeth bwydo babanod
ar gael. I fabanod 0-1 oed.
Ymwelydd lechyd yn bresennol

10.00-3.00
DASU
Uned Diogelwch Trais Domestig
Cyngor a chefnogaeth
gan Hayley ynglyn â
Cam-drin domestig a
pherthnasoedd iach



3.00-4.15
**Sesiwn Chwarae
Synhwyraidd**
gyda Mari
Sesiwn chwarae anghenion
dysgu ychwanegol. Sesiwn
rhyngweithiol sy'n canolbwyntio
ar brofiadau synhwyraidd.



6.00-7.30
Siarad Harddegau
gyda Wendy & Meirir
Cysylltwch a'r
Ganolfan Deulu am
fwy o wybodaeth




10-11.30
'Top Tips' i Rieni
gyda Sarah, Mari & Melangell
Cwrs 4 wythnos yn dechrau
28^{ain} Fedi
Ymunwch â grŵp bach i
drafod a rhannu syniadau ac
awgrymiadau ar sut i gael y
gorau allan o fywyd teuluol.
****Creche ar gael****
I archebu lle cysylltwch â ni

1.30-2.30
**Sesiwn Chwarae
Synhwyraidd**
gyda Meirir
Sesiwn llawn hwyl i fabanod/plant
bach oedran 0-2½



Dewch â newid dillad
a thywel

3.00-3.30
Clwb Hanner Awr



Galwch heibio am sgwrs pan
fyddwch chi yn ôl y plant o'r ysgol

9-10.30
Paned a Sgwrs
gyda Sarah & Melangell
dod yn fuan



1.30-2.45
Aros a Chwarae
gyda Meirir



Sesiwn llawn hwyl i chi
a'ch plant o dan 4 oed.

1.30-2.45
Homestart Rhannu Dillad
4ydd Dydd Iau o bob mis
Prosiect Rhannu Dillad
Cymunedol. Dillad plant AM
DDIM a ddefnyddiwyd ymlaen
llaw mewn cyflwr da ac yn lân.

2.00-4.00
**Gwasanaeth
Awtistiaeth Integredig**
Pob pythefnos, dechrau
ar y 15fed o Fedi

9.00-11.00
Ti a Fi
Chwarae Synhwyraidd
gyda Meirir
Ysgol Cerrigydrudion
2il Dydd Gwener o bob mis

9.00-10.30
Ysgol Capel Garmon
3ydd Dydd Gwener o bob mis



Sesiwn llawn hwyl
i fabanod/plant
bach oedran 0-2

10.30-11.30
Tylino Babanod
gyda Siân
Cwrs 5 wythnos



Amser i ymlacio gyda'ch babi
I archebu lle cysylltwch â ni

3.00-3.30
Clwb Hanner Awr
Galwch heibio am sgwrs
pan fyddwch chi yn ôl y
plant o'r ysgol.

