



SESIYNAU CYMORTH WYTHNOSOL I RIENI
WEEKLY SUPPORT SESSIONS FOR PARENTS

Check in & Chat

Mae modd i bob rhiant ymuno â sesiwn "Check in & Chat" er mwyn cael gwybodaeth a chyngor defnyddiol o ran rhianta.

“Check in & Chat” sessions are open to all parents for any type of information and advice to support you on your Parenting journey.

PEN-Y-GRAIG/PENYGRAIG
Bob dydd Mawrth / Every Tuesday
9.30-11.30am

Join Zoom Meeting: <https://us06web.zoom.us/j/88228013632?pwd=MkpmNmFnNXl0SThKSTJLaFpBa3pXUT09>
Meeting ID: 882 2801 3632
Passcode: 449413

PENYREGLYN
Bob dydd Mercher / Every Wednesday
11.00-1.00pm

Join Zoom Meeting: <https://us06web.zoom.us/j/81793467946?pwd=U1dISU0vQWtPN3RLcWdMcFFicTd6Zz09>
Meeting ID: 817 9346 7946
Passcode: 951681

THE FACTORY (Porth)
Bob dydd Llun / Every Monday
1.00-3.00pm

Join Zoom Meeting: <https://us06web.zoom.us/j/88009349522?pwd=MmZHamJacjV2WEQvNGx3U25XZHpxQT09>
Meeting ID: 880 0934 9522
Passcode: 889034

Bydd y sesiynau'n cael eu cynnal **bob wythnos** (gan gynnwys yn ystod gwyliau'r ysgol) tan **31 Awst 2022** – byddan nhw'n digwydd ar **Zoom am y tro**. Does dim angen cadw lle, dim ond ymuno â'r sesiwn! Pe hoffech chi ragor o wybodaeth, cysylltwch â Plant y Cymoedd ar 01443 420870.

The sessions will run **every week** including School holiday until **31st August 2022 via Zoom**. No need to book your space just join us! If you would like more information, contact Valleys Kids on 01443 420870.

