



# SESIYNAU CYMORTH WYTHNOSOL I RIENI WEEKLY SUPPORT SESSIONS FOR PARENTS

## So You Want to Know More?

Mae modd i bob rhiant ymuno â sesiwn "So You Want to Know More?". Bydd gan bob un thema a'r bwriad yw eich helpu chi gydag unrhyw faterion neu bryderon posibl.

"So You Want to Know More?" sessions are open to all parents, they will be themed and are designed to support you with any current issues or concerns.

<p><b>PEN-Y-GRAIG/PENYGRAIG</b> <b>Bob dydd Mercher/ Every Wednesday</b> <b>9.30-11.30am</b></p> <p>Join Zoom Meeting:<a href="https://us06web.zoom.us/j/84882788847?pwd=dGY4R2M5eDg4cVUUbWZSVFM0UHA5dz09">https://us06web.zoom.us/j/84882788847?pwd=dGY4R2M5eDg4cVUUbWZSVFM0UHA5dz09</a></p> <p>Meeting ID: 848 8278 8847 Passcode: 449413</p>
<p><b>PENYRENGLYN</b> <b>Bob dydd Iau/ Every Thursday</b> <b>11.00-1.00pm</b></p> <p>Join Zoom Meeting:<a href="https://us06web.zoom.us/j/83657200605?pwd=UHUyOUZlMlpXVEg3dDVVqd205c3Yvdz09">https://us06web.zoom.us/j/83657200605?pwd=UHUyOUZlMlpXVEg3dDVVqd205c3Yvdz09</a></p> <p>Meeting ID: 836 5720 0605 Passcode: 635764</p>
<p><b>THE FACTORY (Porth)</b> <b>Bob dydd Gwener / Every Friday</b> <b>9.30-11.30am</b></p> <p>Join Zoom Meeting:<a href="https://us06web.zoom.us/j/86780106374?pwd=Z29ZZ1BjZ3ZkbkxYZFdKNEYrcTVCCdz09">https://us06web.zoom.us/j/86780106374?pwd=Z29ZZ1BjZ3ZkbkxYZFdKNEYrcTVCCdz09</a></p> <p>Meeting ID: 867 8010 6374 Passcode: 172869</p>

Bydd y tymor yma, yn dechrau **ddydd Mawrth 4 Ionawr 2022**, yn ffocysu ar eich llesiant ac yn cynnig arweiniad ynglŷn â'r gwasanaethau cymorth sydd ar gael er mwyn lleihau'r straen ariannol; gan gynnwys cymorth ariannol a chynllun rhannu bwyd, ayyb.

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.

This term starting **Tuesday 4th January 2022** will be focusing on your wellbeing and offering guidance on the support services available to help reduce financial stress; including financial support and food share etc

The sessions will run **every week** including School holiday until **31<sup>st</sup> 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.

