

10.00-12.00  
**Monday Me Time**  
with Adult Learning Wales  
Relaxation Through Art. (If you're interested let us know)




1.00-4.00  
**Benefits Advice**  
Conwy Welfare Rights team can give you advice on benefits and other help you may be entitled to. (Contact us for an appointment)

3.00-3.30  
**Half Hour Club**  
With Melangell & Rebecca  
Pop in for a chat when you're on the school run



4.00-6.00  
**Young Person's Wellbeing Drop-in**  
with Sian School Nurse & Melangell  
Advice and support



10.00-12.00  
**Baby Club**  
with Siân & Rebecca



Drop in for chat and meet other parents. Infant feeding support available  
For ages 0-1 years with Health Visitors Emma & Ann

10.00-3.00  
**DASU**  
Domestic Abuse Safety Unit



Advice and support from Rachael on Domestic abuse and healthy relationships

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




**Talking Teens**  
4 sessions for parents on how to survive the teenage years **starting on the 14<sup>th</sup> June**  
please contact the family centre to show an interest, and let us know what time of day would suit you best



9.30-11.30  
**STAND Sensory Lending Library**  
3<sup>rd</sup> Wed of the month  
Sensory toys, small equipment and books. For more information email [charlotte@standnw.org](mailto:charlotte@standnw.org) or call 07562691160

1.30-2.30  
**Sensory Play session**  
with Meinir & Rebecca  
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**  
with Rebecca & Elen  
Pop in for a chat when you're on the school run



9.00-10.30  
**Cuppa and a Chat Mindfulness**  
with Ceryl  
**starting on the 4<sup>th</sup> May**  
Call in for a cuppa at 9, session will start at 9.30




Practises to relax the body and mind and help reduce stress


1.30-2.45  
**Stay & Play**  
with Melangell & Rebecca  
Fun session for you and your pre-school child  
**Homestart Clotheshare**  
4<sup>th</sup> Thursday of the month

2.00-4.00  
**Integrated Autism Services Drop-in**  
Every 2 weeks, continues on the 13<sup>th</sup> April

4.00-6.00  
**Early Evening Drop-in**  
Drop in for a chat with us after work



10.30-11.30  
**Baby Massage**  
with Siân  
5 week course  
Starting on the 28<sup>th</sup> April



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

3.00-3.30  
**Half Hour Club**  
with Rebecca & Elen



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

3.45-5.45  
**Young Carers**




Please contact the Family Centre for more information

10.00-12.00  
**Llonydd Dydd Llun**  
 gyda Addysg Oedolion Cymru  
 Ymlacio trwy Gelf  
 (os oes gennych ddi-ddordeb gadewch i ni wybod)




1.00-4.00  
**Cyngor Budd-Dal**  
 dechrau 6<sup>ed</sup> Chwefror  
 Mae tîm Hawliau Lles Conwy yn gallu rhoi cyngor i chi ar fudd-daliadau a chymorth arall y gallech fod â hawl iddyn nhw. (Cysylltwch am apwyntiad)


3.00-3.30  
**Clwb Hanner Awr**  
 gyda Melangell & Rebecca  
 Galwch heibio am sgwrs pan fyddwch chi yn nôl y plant o'r ysgol



4.00-6.00  
**Sesiwn Lles ar gyfer pobl ifanc**  
 gyda Sian Nyrs Ysgol & Melangell  
 dechrau 23<sup>ain</sup> Ionawr  
 Cyngor a chefnogaeth



10.00-12.00  
**Clwb Babanod**  
 gyda Siân & Rebecca




Galwch heibio am sgwrs a chwrdd â rhieni eraill. Cefnogaeth bwydo babanod ar gael. I fabanod 0-1 oed. Gyda Ymwelydd Iechyd Emma ac Ann

10.00-3.00  
**DASU**  
 Uned Diogelwch Trais Domestig




Cyngor a chefnogaeth gan Rachael ynglyn â Cam-drin domestig a pherthnasoedd iach

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




**Siarad Harddegau**  
 4 sesiwn i rieni ar sut i ymdopi â blynyddoedd yr ardddegau  
**dechrau ar y 14eg Fehefin**  
 Cysylltwch a'r Ganolfan Deulu i ddangos diddordeb, a rhwch wybod i ni faint o'r gloch o'r dydd fyddai orau i chi



9.30-11.30  
**STAND Llyfrgell**  
**Fenthycy Synhwyraidd**  
 3ydd Dydd Mercher o bob mis  
 Teganau synhwyraidd, offer bach a llyfrau. Am fwy o wybodaeth ebost [charlotte@standnw.org](mailto:charlotte@standnw.org) neu ffoniwch 07562691160


1.30-2.30  
**Sesiwn Chwarae Synhwyraidd**  
 gyda Meinir & Rebecca  
 Sesiwn llawn hwyl i fabanod/plant bach oedran 0-2½.  
 Dewch â newid dillad a thywel

3.00-3.30  
**Clwb Hanner Awr**  
 gyda Rebecca & Elen



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

9.00-10.30  
**Paned a Sgwrs Ymwybyddiaeth Ofalgar**  
 gyda Ceryl  
**dechrau ar y 4<sup>ydd</sup> Fai**  
 Galwch mewn am baned 9, y sesiwn yn dechrau am 9.30




Ymarferion i ymlacio'r corff a'r meddwl a helpu i leihau straen

1.30-2.45  
**Aros a Chwarae**  
 gyda Melangell & Rebecca  
 Sesiwn llawn hwyl i chi a'ch plant o dan 4 oed

**Homestart Rhannu Dillad**  
 4ydd Dydd Iau o bob mis

2.00-4.00  
**Gwasanaeth Awtistiaeth Integredig**  
 Pob pythefnos, dechrau ar y 13eg o Ebrill

4.00-6.00  
**Early Evening Drop-in**  
 Galwch heibio am sgwrs gyda ni ar ôl gwaith




10.30-11.30  
**Tylino Babanod**  
 gyda Siân  
 Cwrs 5 wythnos  
 Dechrau ar yr 28ain o Ebrill




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

3.00-3.30  
**Clwb Hanner Awr**  
 gyda Rebecca & Elen



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

3.45-5.45  
**Gofalwyr Ifanc**



Cysylltwch a'r Ganolfan Deulu am fwy o wybodaeth