

Don't Dad Alone

Being the best dad you can be

Flying Start Dad's Group

6 weeks

Guest led sessions

Different topics/ discussions each week such as child psychology, mental health and wellbeing support and children's first aid.

All males in a caring role welcomed

FREE refreshments

Trimsaran Flying Start Children's
Centre, SA174BE

Wednesday November 6th
18:00 - 19:30

For more information contact Jack -
07815451775

Scan for
support



****Paid â bod yn dad wrth dy hun****

****Byddwch y tad gorau allwch fod****

Grŵp Tadau Dechrau'n Deg

6 wythnos

Sesiynau dan arweiniad gwestai

Pynciau/trafodaethau gwahanol bob
wythnos fel seicoleg plant, cefnogaeth iechyd
meddwl a lles a chymorth cyntaf plant

Croesewir pob dyn mewn rôl ofalu

Lluniaeth AM DDIM

Canolfan Plant Dechrau'n Deg

Trimsaran, SA174BE

Dydd Mercher Tachwedd 6ed

18:00 - 19:30

Am fwy o wybodaeth cysylltwch

â Jack - 07815451775

Sganiwch am
gymorth

