

Don't Dad Alone

Being the best dad you can be

Flying Start Dad's Group

8 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 May 7th

18:00 - 19:45

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

8 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 Mai 7fed

18:00 - 19:45

Am fwy o wybodaeth cysylltwch
â Jack - 07815451775

Sganiwch
am
gymorth

