

FI + FY HUNANIAETH

Dydd Gwener Ebrill 12fed 2024 - 4 - 6 pm

Ymunwch â ni ar daith rymusol 14 wythnos o hunanddarganfod a thwf cyfannol, wedi'i dylunio'n benodol ar gyfer y gymuned LHDT+.

Bydd y rhaglen drawsnewidiol **AM DDIM** hon yn gwella eich lles, yn hybu eich hunan-barch, ac yn cofleidio eich hunaniaeth.



Drwy gydol y rhaglen, byddwch yn:

- Cysylltu â chyfoedion cefnogol ac athrawon profiadol, gan adeiladu ymdeimlad o berthyn i bawb.
- Meithrin tawelwch, dyrchafu parch.
- Gwella eich lles corfforol, meddyliol ac emosiynol.

Mae'r rhaglen hon ar eich cyfer chi os ydych chi:

- 16 + oed
- Unigolyn LHDT+ sy'n ceisio gwella'ch lles.
- Chwilio am bobl o'r un anian i gysylltu â nhw.

Yr unig ffordd i ddarganfod pethau mewn bywyd yw darganfod eich hun yn gyntaf. Gyda'n gilydd, gadewch i ni greu byd mwy cynhwysol a chefnogol

Cofrestru ar agor nawr!
Gweler y cod QR

Am ragor o wybodaeth, cysylltwch ag: Shilpa/Geraldine

info@youngandmindfulcic.org.uk

07944282309/07835659874

Brighter Futures, 34 Wellington Road, Rhyl LL181BN



ME + MY IDENTITY

Friday 12th April 4 – 6 pm

Join us for an empowering 14-week journey of self-discovery and holistic growth, designed specifically for the LGBT+ community. This **FREE** transformative program will enhance your wellbeing, boost your self-esteem, and embrace your identity.

Throughout the program, you will:

- Connect with supportive peers and experienced teachers, building a sense of belonging for all.
- Cultivate calmness, elevate esteem.
- Enhance your physical, mental, and emotional wellbeing.

This program is for you if you are:

- 16+ Years old
- An LGBT+ individual seeking to enhance your wellbeing.
- Looking for like-minded people to connect with.

The only way to figure out things in life is to figure out yourself first.
Together, let's create a more inclusive and supportive world

Registration is open now!
See QR code.

For more information, please contact: Shilpa/Geraldine at
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