

Rhaglen Siarad Harddegau



Rhaglen 4 Wythnos

Meithrin dealltwriaeth o deimladau ac ymddygiad
pobl ifanc wrth gryfhau perthnasoedd a rheoli
heriau.

Wythnos 1: Deall pobl ifanc ac emosiynau

Wythnos 2: Datblygiad a chefnogaeth
gadarnhaol

Wythnos 3: Sgiliau cyfathrebu

Wythnos 4: Gwrthdaro, ffiniau a datrys problemau

Am ragor o wybodaeth cysylltwch â ni drwy
01492 577757 neu
teuluoedd.dwyrain@conwy.gov.uk



Week 0 – 24^{ain} Medi

Week 1 – 1^{af} Hydref

Week 2 – 8^{fed} Hydref

Week 3 – 15^{fed} Hydref

Week 4 – 22^{ain} Hydref



**Canolfan Dinorben
Abergele**

6yh–8yh

Talking Teens



4-Week Programme

Build understanding of teenagers' feelings and behaviour while strengthening relationships and managing challenges.

Week 1: Understanding teens & emotions

Week 2: Development & positive support

Week 3: Communication skills

Week 4: Conflict, boundaries & problem solving

For more information please contact us
via 01492 577757
familysupport.east@conwy.gov.uk



Week 0 – 24th September

Week 1 – 1st October

Week 2 – 8th October

Week 3 – 15th October

Week 4 – 22nd October

6pm–8pm



**Canolfan Dinorben
Abergele**