

Beth ydy Cyfle Cymru?



Mae **Cyfle Cymru** yn wasanaeth sy'n helpu pobl sydd â phroblemau cam-drin sylweddau a/neu gyflwr iechyd meddwl i ddod o hyd i waith, addysg neu hyfforddiant.

What is Cyfle Cymru?



Cyfle Cymru is a service which helps people with substance misuse issues and/or mental health conditions into work, education or training.

Sut allwn ni helpu?

Mae **Cyfle Cymru** yn rhoi'r gefnogaeth sydd arnoch chi ei hangen i ddod o hyd i'r swydd, cyfleoedd hyfforddi neu'r cymwysterau cywir.

Rydym ni'n cynnig:

- **cyngor un-i-un gan fentor cyfoedion** sy'n gallu rhannu ei brofiad personol o gam-drin sylweddau, gwella a/neu gyflwr iechyd meddwl
- **cefnogaeth gan arbenigwr i ddod o hyd i waith**, gan gynnwys cyfleoedd gwirfoddoli, a chymorth a chynghor ynglyn â sut i chwilio ac ymgeisio am swyddi

How can we help?

Cyfle Cymru provides the support you need to find the right job, training opportunity or qualifications.

We offer:

- **one-to-one guidance from a peer mentor** who can draw on their own experience of substance misuse, recovery and/or mental health conditions
- **specialist employment support**, including volunteering opportunities, and help and advice on how to search and apply for jobs

Eisiau gwybod mwy? Dewch i weld ni!

Want to know more? Come and see us!

Manylion am ein sesiynau galw heibio

Details of our Drop-In Sessions

BANGOR

Greenhouse, 1 Trevelyan Terrace, High Street
Bangor LL57 1AX

Friday, 1pm-3pm

BUCKLEY

Buckley Library, The Precinct, Buckley CH7 2EF

Wednesday, 11.30am-1pm

COLWYN BAY

Change Step, Imperial Building, Prince's Drive,
Colwyn Bay LL29 8LA

Tuesday, 1pm-3pm

HOLYWELL

The Hub, Park Lane, Holywell CH8 7UR

Wednesday, 3pm-4pm

LLANDUDNO

Troop Café, Mostyn Broadway LL30 1YL

Thursday, 2pm-4pm

RHYL

Communities First, 82 Marsh Road, Rhyl LL18 2AE

Friday, 1pm-3pm

WREXHAM

Champions House, 11 Grove Park Road, Wrexham
LL12 7AA

Mondays 2pm-4pm



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Developing a caring Wales
Datblygu Cymru gofalgar



Gwasanaeth
Di-Waith

Out of
Work Service