Cyfle Cymru

Gwasanaeth Mentora Cyfoedion
Peer Mentoring Service
0300 777 2256
ask@cyflecymru.com

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 chyngor 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!

Manylion am ein sesiynau galw heibio

BANGOR	30 Dean Street, Bangor LL57 1UR	Friday, 1pm-3pm
BLAENAU FFESTINIOG	Tan-y-Maen, Church Street LL41 3HB	Thursday, 12pm-4pm
CAERNARFON	Mantell Gwynedd, 25 Bridge Street LL55 1AB	Wednesday, 12pm-2pm
CONNAH'S QUAY	Connah's Quay Library – upstairs CH5 4HA	Tuesday, 2.30-4pm
DENBIGH	Hwb Dinbych, Smithfield Road LL16 3RG	Wednesday, 9.30am-11am
LLANDUDNO	Troop Café, Mostyn Broadway LL30 1YL	Thursday, 2pm–4pm
MOLD	Mold Library, Upper Floor, Earl Road CH7 1AP	Thursday, 2.30pm-4pm
PORTHMADOG	Hafal, 110 High Street LL49 9NW	Fortnightly Thursdays, 1.30pm-3.30pm
SHOTTON	DIP, 10-12 Salisbury Street CH5 1DR	Tuesdays 10.30am-12.30pm
WREXHAM	Champions House, 11 Grove Park Road LL12 7AA	Monday, 2pm-4pm

We are also available at;

'Sit & Stew' Dewi Sant Community Centre, Pensarn LL22 7RG	Mondays, from 1pm
'Sit & Stew' Princes Drive Baptist Church, Colwyn Bay LL29 8LA	Wednesdays, from 1pm
'Food with Friends' Rivertown Church, Shotton CH5 1BX	Tuesdays, 12.30-2pm

Want to know more? Come and see us!

Details of our Drop-In sessions

dacw
Developing a caring Wales
Datblygu Cymru gofalgar

UNDEB EWROPEAIDD
EUROPEAN UNION
Llywodraeth Cymru
Welsh Government
Cronfa Gymdeithasol Ewrop
European Social Fund

Cymru Iach ar Waith
Healthy Working Wales
Gwasanaeth Di-Waith
Out of Work Service