



## 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 chngor 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
BLAENAU FFESTINIOG	Tan-y-Maen, Church Street LL41 3HB
CAERNARFON	Mantell Gwynedd, 23-25 Y Bont Bridd LL55 1AB
LLANDUDNO	Troop Café, Mostyn Broadway LL30 1YL
LLANGFN	Canolfan Ebeneser, Llangefni LL77 7PN
MOLD	Parkfields Community Centre CH7 1TB
RHYL	The Salvation Army, Windsor Street LL18 1BW
WREXHAM	Champions House, 11 Grove Park Road LL12 7AA

We are also available at;

MIND, Trefeirian, Love Lane, Denbigh LL16 3LY  
Men's Shed, Trefeirian, Love Lane, Denbigh LL16 3LY

Want to know more? Come and see us!

Details of our Drop-In Sessions

Friday, 1pm-3pm
Thursday, 12pm-4pm
Wednesday, 2pm-4pm
Thursday, 2pm-4pm
Friday, 1.30pm-3.30pm
Thursday, 2.30pm-4.30pm
Wednesday, 1pm-3pm
Monday, 2.30pm-3.30pm

Tuesday, 10am-11.30am  
Thursday, 10am-11.30am



**dacw**  
Developing a caring Wales  
Datblygu Cymru gofalgar



Gwasanaeth  
Di-Waith

Out of  
Work Service