

The Central area covers- Colwyn Bay, Old Colwyn, Rhos on Sea, Llysfaen, Llanddulas, Betws yn Rhos, Mochdre



9.30am-1pm
Dasu Drop In
Advice and support on domestic abuse and healthy relationships.
Canolfan Ffordd Douglas
01492 576503

12:30pm – 2.30pm



Breastfeeding Support Group
With Health Visitor Sara Jones.
Canolfan Ffordd Douglas,
01492 576503

2.15pm- 3.30pm
Stay and Play
Ages 0-4
Rhos on Sea Scout Hut
01492 576503



1.00pm – 4.30pm
Welfare Rights
Booking essential. Advice and support from a welfare rights officer.
Canolfan Ffordd Douglas
01492 576503

1.15 pm- 2.15 pm
Cymraeg I Blant
Welsh story and rhyme time with Jen Dafydd.
Canolfan Ffordd Douglas
01492 576503

9.15am-10.30am
Tots Play and Sing-Along
Singing, dancing and time to play for children 0-4 old.
Canolfan Ffordd Douglas
01492 576503



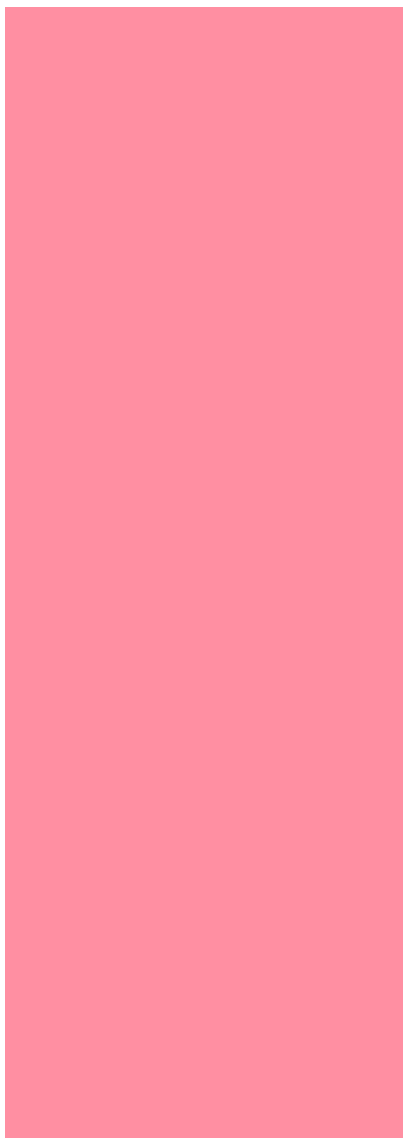
9:30am – 10.30am



Speech and Language Advice Drop in
With Noemie, flying start speech and language therapist.
Canolfan Ffordd Douglas,

3.30 – 4.30
Clwb Central
An interactive play session for children aged 4-11.
Canolfan Ffordd Douglas
01492 576503





There's always a Family Worker here-Please feel free to drop in anytime to speak with one of our team
(Monday to Friday 9am-5pm) - Please feel free to contact the team on 01492576503

There's always a Flying Start Health Visitor here – Please feel free to contact the team on 03000854444

10am – 12pm
North Wales Integrated Autism Service
Do you support an autistic child or adult? Are you autistic? Do you need some advice? Come along to our bi-weekly drop in with Sally Mayall

3.00pm – 4.30pm
School's out
For ages 11+
Canolfan Ffordd Douglas
01492 576503





Dydd Llun



Dydd Mawrth



Dydd Mercher



Dydd Iau



Dydd Gwener



9.30am -1pm

Uned Diogelwch Trais Teuluol

Sesiwn galw heibio am gymorth a gwybodaeth gan weithiwr trais domestic

Rachael.

Canolfan Ffordd Douglas

01492 576503

1:30 - 3pm



Grwp Cymorth Fwydo ar y Fron
Hefo Ymwelydd Iechyd Sara Jones.

Canolfan Ffordd Douglas

2.15-3.30

Aros a Chwarae

Oedran 0-4

Canolfan Sgowntiaid Llandrillo yn Rhos

01492 576503



1.00pm-4.30pm

Cyngor Budd-Dal

Cyngor a cymorth gan Swyddog Budd-Dal.

Canolfan Ffordd Douglas

01492 576503

1.15-2.15

Cymraeg I Blant

Stori a Chan

Gyda Jen

Canolfan Ffordd Douglas

01492 576503

9.15-10.30

Sesiwn Chwarae a cyd ganu.

Canu, dawnsio a amser chwarae.

Canolfan Ffordd Douglas

01492 576503



3.30pm-4.30pm

Clwb Canolog

Sesiwn ryngweithiol I Blant oed

4-11

Canolfan Ffordd Douglas

01492 576503



Mae Ymwelydd Iechyd Dechrau'n Deg yma bob amser-Mae croeso i chi gysylltu â'r tîm ar 03000854444

(Dydd Llun i Ddydd Gwener 9am-5pm)

Mae yna weithiwr teuluol yma bob

amser.

Mae croeso ichi alw heibio I siarad hefo unrhyw un o'r tîm ar 01492576503

10:00am- 12:00pm



Gwasanaeth Awtistiaeth Gogledd Cymru

Galwch heibio am sgwrs hefo Sally or Gwasanaeth Awtistiaeth Integredig

3.00pm-4.30pm

Ysgol Allan

Oedrannau 11+

Canlfan Ffordd Douglas

01492 576503





Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government