

10 WEEK WELLBEING PROGRAMME



**VARIOUS DATES AND TIMES AVAILABLE
A SAFE ONLINE SPACE FOR ALL THINGS
WELLBEING**

- FOR YOUNG PEOPLE AGED 14-25 LOOKING TO DEVELOP WAYS TO SUPPORT THEIR WELLBEING
- A PLACE TO JOIN OTHER YOUNG PEOPLE TO LEARN FROM EACH OTHER AND HAVE FUN IN THE PROCESS
- THE CHANCE TO BECOME A PEER MENTOR AND JOIN OUR NETWORK OF YOUNG PEOPLE WHO HAVE TRAINED TO HELP OTHERS.

**GET IN TOUCH TO JOIN A GROUP OR TO
REFER SOMEONE YOU KNOW THIS MAY HELP!**

**YOUNGPEOPLE@PLATFFORM.ORG
07976080561 | 07972631978**



Llywodraeth Cymru
Welsh Government



RHAGLEN LLES 10 WYTHNOS



gan Platform

DYDDIADAU AC AMSEROEDD AMRYWIOL LLE DIOGEL AR-LEIN AR GYFER EICH LLES

- AR GYFER POBL IFANC 14-25 OED SY'N CEISIO DATBLYGU FFYRDD I GEFNOGI EU LLES
- LLE I YMUNO Â PHOBL IFANC ERAILL I DDYSGU ODDI WRTH EI GILYDD A CHAEL HWYL YN Y BROSES
- Y CYFLE I DDOD YN FENTOR CYMHEIRIAID AC YMUNO Â'N RHWYDWAITH O BOBL IFANC SYDD WEDI HYFFORDDI I HELPU ERAILL.

**CYSYLLTWCH I YMUNO Â GRŴP NEU I
GYFEIRIO RHYWUN Y GALLAI BUDDIO O HYN!**

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