



Are you the parent or carer of a child, birth to five, with an additional need?

No diagnosis or referral needed!

If so, come along to meet new people, have a cuppa, a chat and join in with new activities with your little one

These groups provide an opportunity to meet other parents and children and get advice from Health, Education, Social Care and more.

Monday, 1.15-2.30pm

Howardian Primary School, CF23 9NB

Tuesday, 9.30-10.45am

Multi-Sensory Impairment
Ely & Caerau Children's Centre, CF5 4SX

Wednesday, 1.15-2.30pm

Grangetown Nursery School, CF11 7DT

Thursday, 1.30-2.30pm

Ysgol Gymraeg Glan Ceubal, CF14 2QQ

Friday, 9.30-11am

Tremorfa Nursery School, CF24 2TG

Groups are coming soon to The Vale!

Vale of Glamorgan

*It's fun,
friendly
and free!*

 Follow us on Twitter [@grwp1group](https://twitter.com/grwp1group)

 Find us on Facebook [Grwp 1 Group](https://www.facebook.com/Grwp1Group)

Groups are run **school term time only**

029 20 872717



One Group Grŵp Un



Ydych chi'n rhiant neu'n gofalu am blentyn hyd at pum mlwydd oed sydd ag angen ychwanegol?

Nid oes angen diagnosis neu atgyfeiriad!

Os felly, dewch i gwrdd â phobl newydd, cael paned, sgwrs ac ymuno â gweithgareddau newydd gyda'ch plentyn

Mae'r grwpiau hyn yn rhoi cyfle i gael cyngor gan weithwyr proffesiynol lechyd, Addysg, Gofal Cymdeithasol, y Trydydd Sector a mwy.

Dydd Llun, 1.15-2.30yp

Ysgol Gynradd Howardian, CF23 9NB

Dydd Mawrth, 9.30-10.45yb

Nam Amlsynhwyrdd
Canalfon Plant Trelai a Chaerau, CF5 4SX

Dydd Mercher, 1.15-2.30yp

Ysgol Feithrin Grangetown, CF11 7DT

Dydd Iau, 1.30-2.30yp

Ysgol Gymraeg Glan Ceubal, CF14 2QQ

Dydd Gwener, 9.30-11.00yb

Ysgol Feithrin Tremorfa, CF24 2TG

Mae grwpiau'n dod yn fuan i'r Fro!

Bro Morgannwg

Mae'n hwy! gyfeillgar ac yn rhad ac am ddim!

 Dilynwch ni ar Drydar [@grwp1group](#)

 Darganfyddwch ni ar Facebook [Grwp 1 Group](#)

Cynhelir grwpiau yn ystod y **tymor ysgol yn unig**

029 20 872717

