



TIME FOR CARERS

Events for Family Carers - February 2019

Social Gatherings

Wednesday, 13, 1.00, Yoga at Sbectrwm

Thursday, 14, 12.00 - 2.00, Valentine's Day lunch

Wednesday, 20, 12.00 - 2.00, Pedal Power, Cardiff

Thursday, 21, 11.00, Mixed Ability Dance Class,
Park View Cafe Community Hall, Canton, Cardiff

Friday, 1, 8, 15, 22, 10.00 - 12.00, drop-in session, Parents Federation, Cardiff

Tuesday, 5, 12, 19, 26, 10.30 - 11.30, at the Mentor Ring,
Butetown Community Centre, Cardiff Bay

Time For Me

The next Time For Me day will be in March

Connected
Carers

FOR MORE INFORMATION:

Social Gatherings: admin@parentsfed.org / 02920 565917

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General Enquiries:
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AMSER I OFALWYR

Digwyddiadau i Ofalwyr Teulu - Chwefror 2019

Digwyddiadau Cymdeithasol

Dydd Mercher, 13, 1.00, Ioga at Sbectrwm

Dydd Iau, 14, 12.00 - 2.00, Cinio Dydd Sant Ffolant

Dydd Mercher, 20, 12.00 - 2.00, Pedal Power, Caerdydd

Dydd Iau, 21, 11.00, Dosbarth Dawns Gallu Cymysg,
Park View Cafe Community Hall, Canton, Caerdydd

Dydd Gwener, 1, 8, 15, 22, 10.00 - 12.00, sesiwn galw heibio,
Ffederasiwn Rhieni, Caerdydd

Dydd Mawrth, 5, 12, 19, 26, 10.30 - 11.30, Mentor Ring,
Canolfan Gymunedol Butetown, Bae Caerdydd

Amser I Fi

Bydd y diwrnod nesaf Amser i Fi ym Mis Mawrth

Connected
Carers

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