

Do you have children?

Do you feel Lonely?

Are you feeling Isolated?

Want someone to talk to?

Contact us

We can help

Phone – 01570 218546. Facebook -www.facebook.com/HSCeredigion

*Oes plant gennoch?*

*Ydych chi’n teimlo’n unig?*

*ydych chi'n teimlo'n ynysig?*

*Eisiau rhywun i siarad gyda?*

*Cysylltwch â ni*

*Gallwn ni helpu*