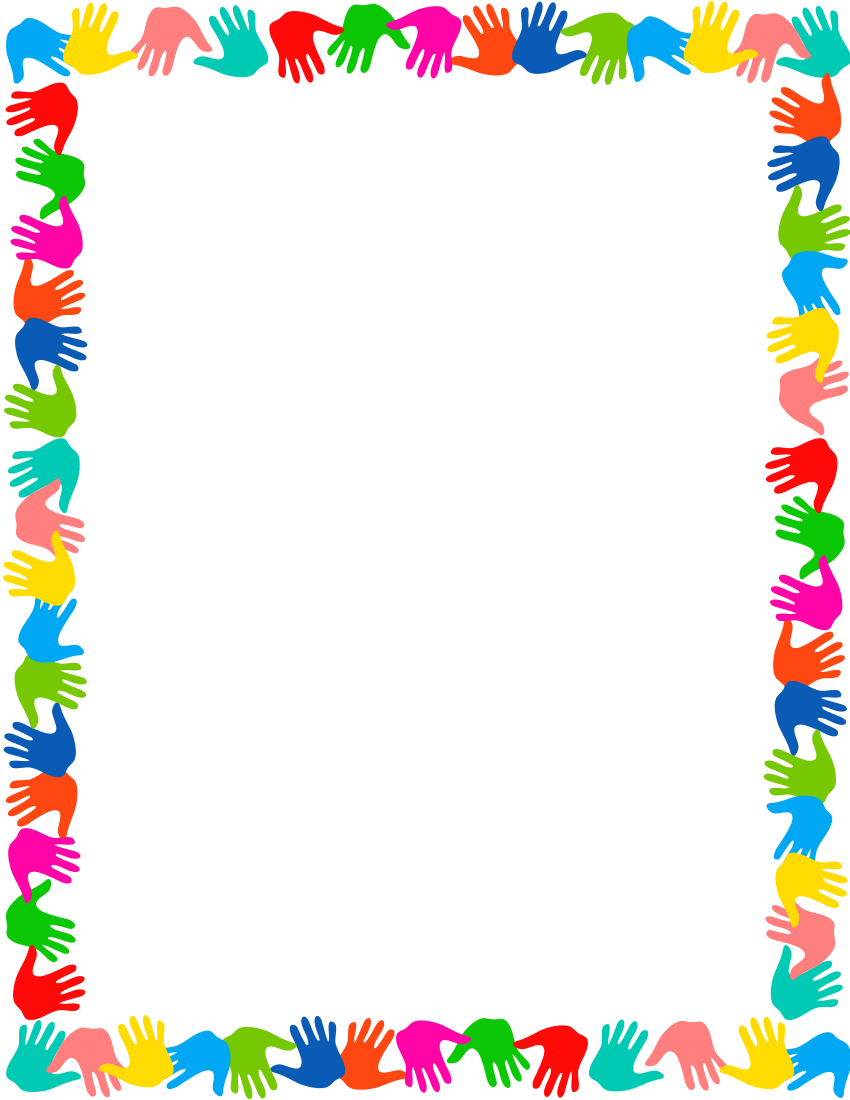
A picture containing light

Description automatically generatedLogo

Description automatically generated

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*