

LLYGAD

The Early Years
Experience Team



Siblings Support Group

A SIBLINGS SUPPORT GROUP
FOR SIBLINGS (AGED 7-10) OF
CHILDREN WHO HAVE A
GLOBAL DEVELOPMENTAL
DELAY / LEARNING DISABILITY /
NEURODEVELOPMENTAL
CONCERNS / NEURODIVERGENT

Friday 25TH July, 10am-3pm, Wellbeing Hub @ Maelfa, Llanederyn

A fun, supportive space where siblings can:

-  Have Fun – Make friends through arts & crafts and games
-  Relieve Isolation – Meet others in similar situations
-  Acknowledge Feelings – Share and explore their unique experiences
-  Learn Coping Strategies – Build tools to manage challenges
-  Enhance Knowledge – Understand more about their sibling's condition

SPACES ARE LIMITED!

**TO SIGN UP OR FIND OUT MORE INFORMATION CONTACT
LLYGAD.EYE.CAV@WALES.NHS.UK /
07977 659002.**

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Grŵp Cefnogi Dyddiadau

GRWP CYMORTH FRAWD A
CHWAER AR GYFER BRODYR A
CHWIORYDD (OEDRAN 7-10)
PLANT SYDD AG OEDI
DATBLYGIADOL BYD-EANG /
NAM DYSGU / PRYDERON
DATBLYGIADOL NIWRO /
NIWROWAHANIAETH

Dydd Gwener 25TH Gorfennaf, 10am-3pm, Wellbeing Hub @ Maelfa,
Llanederyn

Mae'r lle cefnogol hwyl hwn lle gall chwiorydd a chwaeriaid:

🎨 Cael Hwyl – Gwneud ffrindiau trwy gelf a chrefftau a
gemu

🤝 Lleihau Honestlyd – Cyfarfod â phobl eraill mewn
sefyllfaoedd tebyg

💬 Cydnabod Emosiynau – Rhannu a swyddi eu profiadau
unigryw

🧠 Dysgu Strategaethau Ymdopi – Adeiladu offer i reoli heriau

? Hybu Gwybodaeth – Deall mwy am gyflwr eu
chwaer/chwaer.

**MAE LLEOEDD YN GYFYNGEDIG! I GOFRESTRU NEU I DDOD O HYD I RAGOR O
WYBODAETH CYSYLLTWCH
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