

# DOES THIS HAPPEN TO YOU?

Being Hit?

Spat At?

Shouted At?

Forced To Have Sex?

Put Down?

Told You Are Worthless?

Not Allowed to See Friends and Family?

Not Allowed to Have Your Own Money?

Mind Games?

Being Threatened?

Do You Walk on Egg Shells?

## THIS IS DOMESTIC ABUSE

You are not alone  
1 in 4 women will experience  
**domestic abuse** in their lifetime...



CYMORTH I FENYWOD  
**CYFANNOL**  
WOMEN'S AID

# WE CAN HELP!

Someone to talk to in confidence

Safe accommodation for you and your children

Support to stay in your own home

Information on how to stay safe

Help to regain control of your life

*Together we are stronger*

Cyfannol Women's Aid delivers domestic abuse services across Gwent, providing community and refuge-based support to women and children via established bases in Torfaen, Monmouthshire, Newport and Blaenau Gwent. Services for men are available in Blaenau Gwent.

## Our Centres

**Tel: 03300 564456**

<p>Torfaen Office 3 Town Bridge Buildings, Park Road Pontypool NP4 6JE</p> <p><b>Email:</b> <b>Torfaen@cyfannol.org.uk</b></p> <p>Drop-in support available Mon-Fri 9.30am-4.30pm</p>	<p>Monmouthshire Multi Agency Centre 26b Monk Street Abergavenny NP7 5NP</p> <p><b>Email:</b> <b>Monmouthshire@cyfannol.org.uk</b></p> <p>Drop-in support available Mon-Fri 9.30am-4.30pm</p>
<p>Ebbw Vale Institute Church Street, Ebbw Vale NP23 6BE</p> <p><b>Email:</b> <b>BlaenauGwent@cyfannol.org.uk</b></p> <p>Drop-in support available Mon-Fri 9.30am-4.30pm</p>	<p>Newport Office 56 Stow Hill Newport NP20 1JG</p> <p><b>Email:</b> <b>Newport@cyfannol.org.uk</b></p>

 [www.cyfannol.org.uk](http://www.cyfannol.org.uk)



@Cyfannol



@Cyfannol



@CyfannolWAid

*Phone support is available 24/7*

# GALLWN HELPŪ!

Rhywun i siarad â hi yn gyfrinachol

Llety diogel i chi a'ch plant

Cefnogaeth i aros yn eich cartref eich hun

Gwybodaeth ar sut i gadw'n ddiogel

Help i gymryd rheolaeth ar eich bywyd yn ôl

*Gyda'n gilydd rwydym yn gryfach*

Mae Cymorth i Fenywod Cyfannol yn darparu gwasanaethau cam-drin domestig ar draws Gwent, gan ddarparu cymorth cymunedol a lloches i fenywod a phlant drwy ganolfannau sefydledig yn Nhorfaen, Sir Fynwy, Casnewydd a Blaenau Gwent. Mae gwasanaethau i ddynion ar gael yn Blaenau Gwent.

## Ein Canolfannau

Ffôn: 03300 564456

<p>Swyddfa Torfaen 3 Town Bridge Buildings, Park Road Pont-y-pwl, NP4 6JE</p> <p><b>E-bost:</b> <a href="mailto:Torfaen@cyfannol.org.uk">Torfaen@cyfannol.org.uk</a></p> <p>Cefnogaeth galw hebio ar gael Llun-Gwe 9.30am-4.30pm</p>	<p>Swyddfa Torfaen 3 Town Bridge Buildings, Park Road Pont-y-pwl, NP4 6JE</p> <p><b>E-bost:</b> <a href="mailto:Torfaen@cyfannol.org.uk">Torfaen@cyfannol.org.uk</a></p> <p>Cefnogaeth galw hebio ar gael Llun-Gwe 9.30am-4.30pm</p>
<p>Swyddfa Casnewydd 56 Stow Hill Casnewydd NP20 1JG</p> <p><b>E-bost:</b> <a href="mailto:Newport@cyfannol.org.uk">Newport@cyfannol.org.uk</a></p> <p>Cefnogaeth galw hebio ar gael Llun-Gwe 9.30am-4.30pm</p>	<p>Ebbw Vale Institute Stryd yr Eglwys, Glynedwry NP23 6BE</p> <p><b>E-bost:</b> <a href="mailto:BlaenauGwent@cyfannol.org.uk">BlaenauGwent@cyfannol.org.uk</a></p> <p>Cefnogaeth galw hebio ar gael Llun-Gwe 9.30am-4.30pm</p>

Mae cymorth ffôn ar gael 24/7



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Nid ydych chi ar eich pen eich hun  
Bydd I o bob 4 merch yn profi  
cam-drin domestig yn ystod ei hoes...

## CAM-DRIN DOMESTIG YW HYN

Ydych chi'n Ar Bigau'r Drain Drwy'r Amser?

Cael eich Bygwth?

Gemau'r Meddwl?

Dim yn Gallu Cael Eich Arian Eich Hun?

Dim yn Gallu Gweld Ffrindiau a Theulu?

Yn Dweud Wrthych Eich Bod yn Ddi-werth?

Rhywun yn eich gorfodi i gael rhyw?

Eich Sarhau?

Gweiddi Arnoch?

Poeri Arnoch?

Rhywun yn eich taro?

# A YW HYN YN DIGWYDD I CHI?