



CYMORTH I FENYWOD

CYFANNOL

WOMEN'S AID

We are here to support individuals and families who have been affected by domestic abuse or sexual violence

We can offer

- Someone to talk to in confidence
- Access to safe accommodation
- Support to stay in your own home
- Specialist support for your children
- Information on how to stay safe
- Help to regain control of your life

Get in touch with your local service

We are available
Mon - Fri 9.30am to 4.30pm

**Call us on
03300 564456**

Or email us
BlaenauGwent@cyfannol.org.uk

Drop-in
locations



Together we are stronger



www.cyfannol.org.uk



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**Rydyn ni yma i gefnogi
unigolion a theuluoedd
sydd wedi cael eu
heffeithio gan gam-drin
domestigneu drais rhywiol**

Gallwn gynnig

- Rhywun i siarad â hi yn gyfrinachol
- Mynediad i lety diogel
- Cefnogaeth i aros yn eich cartref eich hun
- Cefnogaeth arbenigol i'ch plant
- Gwybodaeth ar sut i gadw'n ddiogel
- Help i gymryd rheolaeth ar eich bywyd yn ôl

**Cysylltwch â'ch
tîm lleol**

Rydym ar gael o
ddydd Llun i ddydd Gwener
9.30am i 4.30pm

**Ffoniwch ni ar
03300 564456**

Neu e-bostiwch
BlaenauGwent@cyfannol.org.uk

Lleoliadau
galw heibio



Gyda'n gilydd rydym yn gryfach



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