

**FREE**

**PLUS A FREE GOODIE  
BAG**



**EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES**

# Being a Parent Group

Do you have a child between the ages of 2-11 years?

Would you like to chat to other parents and share ideas on how to support your children?

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**We may have the group for you....**

Join our free group run by fully trained local parents

An opportunity to meet other parents going through similar experiences

Covering a different topic each week



**GARDEN CITY YOUTH  
AND COMMUNITY CENTRE  
STARTING TUESDAY 16TH JANUARY  
9:30AM TILL 11:30AM  
OR  
ST PETERS CHURCH, HOLYWELL  
STARTING THURSDAY 18TH JANUARY  
12:30PM TILL 2:15PM**

**FOR 8 WEEKS**

**FREE CRECHE AVAILABLE**

**CONTACT EMMA FOR MORE INFORMATION  
07584 533111  
FLINTSHIRE.EPEC@FLINTSHIRE.GOV.UK**

AM DDIM  
PYNGHYD Â BAG  
GOODIE AM DDIM



EMPOWERING  
PARENTS  
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COMMUNITIES

# Grwp Rhieni

Oes gennych chi blentyn  
rhwng y 2-11 oed ac yn byw yn Sir y Fflint?

Hoffech chi gael syniadau am sut i  
gefnogi eich plant?

**Mae ganddo ni y grwp i chi....**

Ymunwch ein grwpiau am ddim sy'n cael ei  
reged gan rhieni lleol

yfle i gwrdd a rhieni eraill sy'n mynd trwy brofiadau tebyg

Ymdrin â phwnc gwahanol bob wythnos



CANOLFAN GYMUNEDOL IEUENCTID  
GARDEN CITY  
DECHRAU DYDD MAWRTH 16 IONAWR  
9:30AM TAN 11:30AM  
NEU  
EGLWYS SANT PEDR, TREFFYNNON  
DECHRAU DYDD IAU 18 IONAWR  
12:30PM TAN 2:15PM

AM 8 WYTHNOS

CRECHE AM DDIM AR GAEL

AM FWY O WYBODAETH CYSYLLTWCH Â EMMA  
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