

Mynd Adref...

Mae gan dîm 'MYND ADREF' flynyddoedd lawer o brofiad o weithio gyda menywod Cymreig sy'n gyn-droseddwyr ac mae'n sylweddoli bod ar lawer o fenywod angen cymorth pan gânt eu rhyddhau.

MAE 'MYND ADREF' AR GYFER MENYWOD...

- cyn-droseddwyr yn byw yng Nghymru neu'n dychwelyd iddi
- sydd eisiau cymorth i ailadeiladu eu bywydau
- sydd ddim yn ddibynnol ar gyffuriau neu alcohol
- sydd o bosibl allan o'r ddalfa ers peth amser ond sy'n chwilio am gymorth

- ◆ Prosiect newydd i fenywod
- ◆ Tîm o fentoriaid wedi'u hyfforddi sy'n gallu cynnig cymorth, cyngor ac arweiniad am ddim

BETH ALL Y PROSIECT EI GYNNIG?

- Mentor i gwrdd â chi ger ble rydych chi'n byw
- Cysylltiad cyson â'ch mentor
- Gwybodaeth a chanllawiau i gwrdd â'ch anghenion
- Cymorth i helpu i adeiladu eich hyder a'ch hunan-barch
- Y cyfle i ddod yn fentor cymheiriaid i helpu menywod eraill

SUT I GYSYLLTU Â NI...

Os hoffech dderbyn cymorth gan dîm 'Mynd Adref' neu i gael rhagor o wybodaeth am y prosiect, gallwch chi eich hunan gysylltu â ni, neu gallwch ofyn i rywun arall gysylltu â ni ar eich rhan.

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(GWASANAETH NEGESEUON 24AWR DROS Y
FFÔN, GADEWCH NEGES!)

ORIAU SWYDDFA: LLUN-IAU 9YB-5YP, GWENER 9YP-5YP

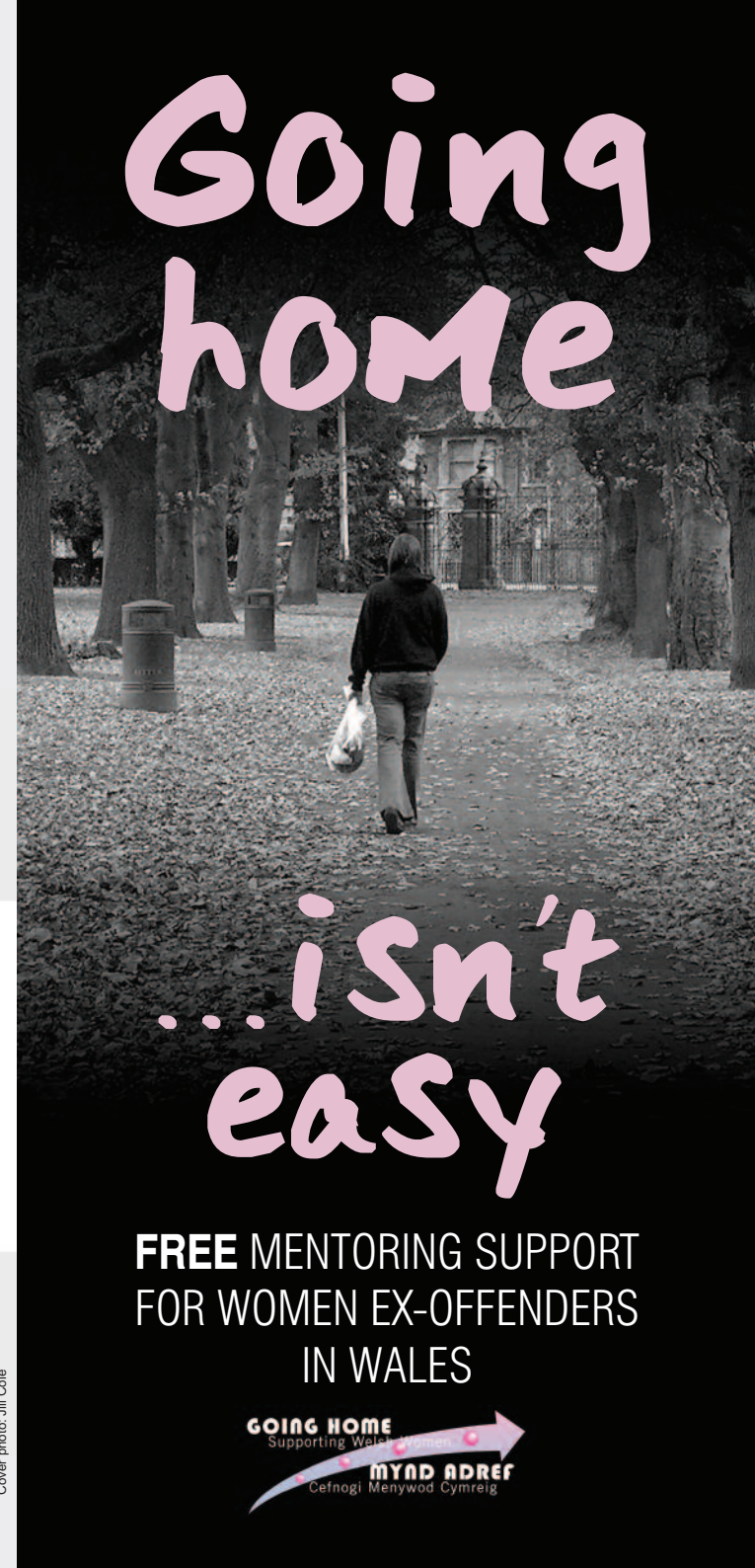


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Cover photo: Jill Cole

Going home



...isn't easy

**FREE MENTORING SUPPORT
FOR WOMEN EX-OFFENDERS
IN WALES**



Going home...

The 'GOING HOME' team has many years experience working with Welsh women ex-offenders and recognise that many women need support when released.

'GOING HOME' IS FOR WOMEN...

- ex-offenders living in or returning to Wales
- who want support rebuilding their lives
- who are not dependant on drugs or alcohol
- who may have been out of custody for some time and are looking for help

- ◆ A new project for women
- ◆ A team of trained mentors who can offer FREE support, advice and guidance

WHAT CAN THE PROJECT OFFER?

- A mentor to meet you near to where you live
- Regular contact with your mentor
- Information and guidance to meet your needs
- Support to build your confidence and self esteem
- The opportunity to become a peer mentor to help other women

HOW TO CONTACT US...

If you would like to receive support from the 'Going Home' team or find out more about the project, you can contact us yourself, or ask someone else to contact us on your behalf.

Email: info@gibran-uk.co.uk
www.gibran-uk.co.uk

Tel: 01873 880895

(24HR TELEPHONE MESSAGING SERVICE,
PLEASE LEAVE A MESSAGE!)

OFFICE HOURS: Mon-Thurs 9am-5pm, Fri 9am-4pm

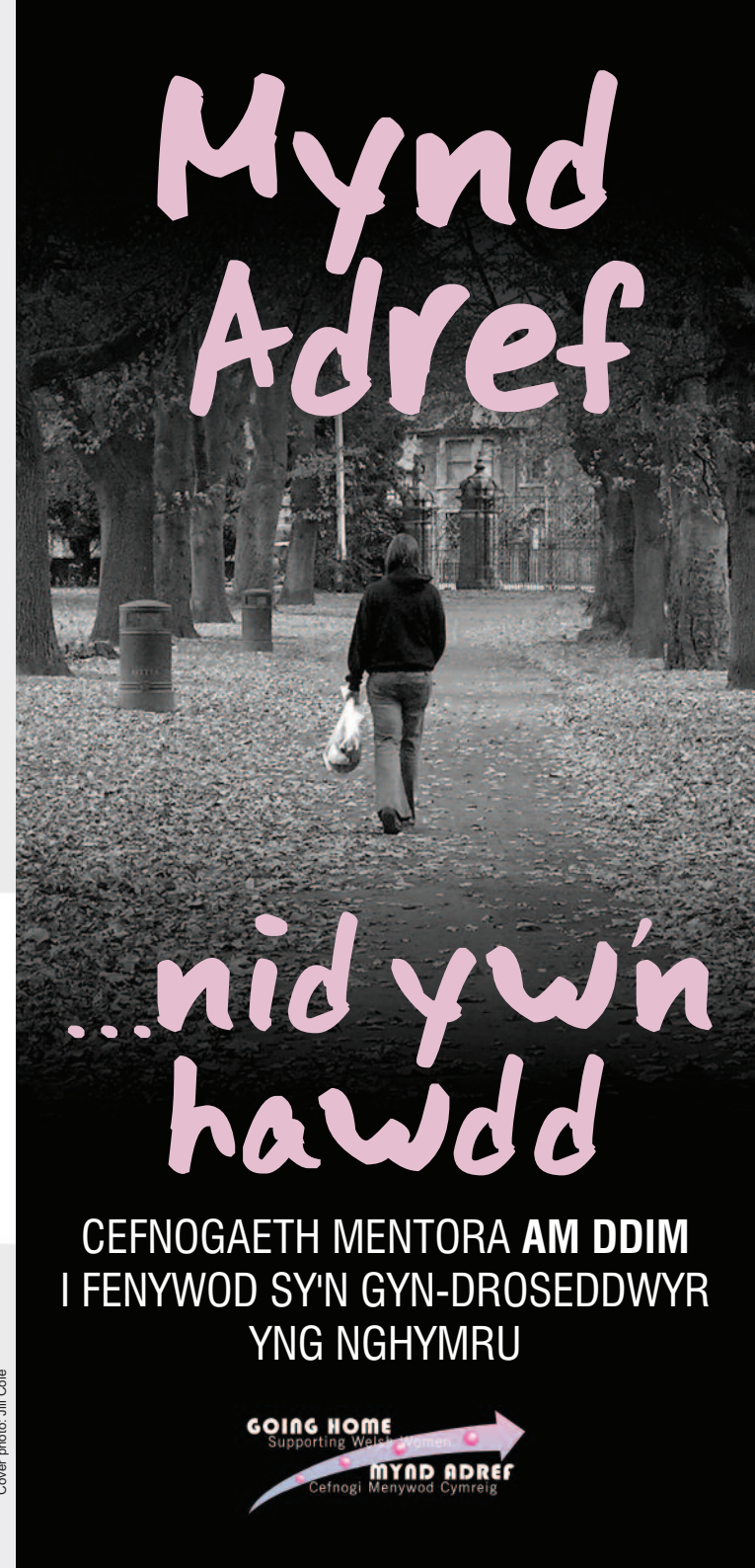


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Cover photo: Jill Cole

Mynd Adref



...nid yw'n hawdd

**CEFNOGAETH MENTORA AM DDIM
I FENYWOD SY'N GYN-DROSEDDWYR
YNG NGHYMURU**

