

**GWEITHDAI 'ATGOF BYW' – DELWEDDAU THERAPI'R COF AR-LEIN /  
'LIVING MEMORY' WORKSHOPS – ONLINE REMINISCENCE THERAPY IMAGES**

Bydd pob gweithdy yn cychwyn am 2.00pm ac yn para am tua awr a hanner. Dyma restr o'r lleoliadau am fis Chwefror; bydd mwy o weithdai yn cael eu trefnu yn y De Ddwyrain ym mis Mawrth:

DYDDIAD:	LLEOLIAD:	CÔD POST:
05/02/2019	Neuadd Ogwen, Stryd Fawr, Bethesda	LL57 3AN
07/02/2019	Llyfrgell Genedlaethol Cymru, Aberystwyth	SY23 3BU
11/02/2019	Theatr Brycheiniog, Canal Wharf, Aberhonddu	LD3 7EW
13/02/2019	Canolfan Picton, 104 Freemans Way, Hwlfordd	SA61 1UG
18/02/2019	Canolfan Gwersyllt, Second Avenue, Gwersyllt, Wrecsam	LL11 4ED
20/02/2019	Smithfield Trallwng, Buttington Cross, Trallwng	SY21 8SR
22/02/2019	Y Traeth, Clwb Pêl Droed, Porthmadog	LL49 9PP
05/03/2019	Neuadd y Gwendraeth, Heol Cwmmawr, Drefach, Llanelli	SA14 7AB

I archebu lle ar un o'r gweithdai, neu am ragor o fanylion, cysylltwch â Gwyneth neu Eilir erbyn dydd Gwener, Ionawr 25<sup>ain</sup>: [gwirfoddoli@llgc.org.uk](mailto:gwirfoddoli@llgc.org.uk) / Ffôn: 01970 632991

Every workshop will start at 2.00pm and will last for around 90 minutes. Here is a list of the locations for February; more workshops will be arranged in the South East during March:

DATE:	LOLATION:	POST CODE:
05/02/2019	Ogwen Hall, High Street, Bethesda	LL57 3AN
07/02/2019	The National Library of Wales, Aberystwyth	SY23 3BU
11/02/2019	Theatr Brycheiniog, Canal Wharf, Brecon	LD3 7EW
13/02/2019	Picton Centre, 104 Freemans Way, Haverfordwest	SA61 1UG
18/02/2019	Gwersyllt Resource Centre, Second Avenue, Gwersyllt, Wrexham	LL11 4ED
20/02/2019	Welshpool Smithfield, Buttington Cross, Welshpool	SY21 8SR
22/02/2019	Y Traeth, Porthmadog Football Club, Porthmadog	LL49 9PP
05/03/2019	Gwendraeth Hall, Heol Cwmmawr, Drefach, Llanelli	SA14 7AB

To book your place on a workshop, or for more information, please contact Gwyneth or Eilir by Friday, January 25<sup>th</sup>: [volunteering@llgc.org.uk](mailto:volunteering@llgc.org.uk) / Phone: 01970 632991