

# Neurodiverse family support group

We are a neurodivergent peer support group for parents/carers who identify as neurodiverse or who support neurodiverse children.

The group will discuss practical support, information on topics ranging from diagnosis to services and sharing experiences. We will also offer a space safe to discuss challenges of daily life.

When?	Where?	What time?
Every first Monday of the Month- <b>Monday, April 20th</b>	Douglas Road Family Centre, Colwyn Bay	10.30am to 12:30pm

A safe space for you to share stories, mutual support, meet people and access guidance.

If you have any questions, please contact Shannon Drury on 07354164104. You can text, Whatsapp or phone call.

# Grŵp Cefnogi Niwroamrywiaeth

Rydym ni'n grŵp cefnogi cyfoedion ar gyfer rhieni/gofalwyr niwrowahanol neu rieni/gofalwyr sydd â phlant niwrowahanol.

Bydd y grŵp yn trafod cefnogaeth ymarferol, yn darparu gwybodaeth am bethau fel diagnosis a gwasanaethau, ac yn rhannu profiadau. Rydym ni hefyd yn cynnig lle diogel i drafod heriau bywyd bob dydd.

Pryd?	Ble?	Amser?
Dydd Llun, Ebrill 20	Canolfan Douglas, Bae Colwyn	10.30am to 12:30pm

Lle diogel i chi rannu straeon,  
cael cefnogaeth, cwrdd â phobl  
a chael cyngor.

Os oes gennych chi unrhyw gwestiwn mae  
croeso i chi gysylltu â Shannon Drury ar  
07354164104. Gallwch anfon neges destun,  
WhatsApp neu ffonio.