

**MARCH 2023**

**Full Course delivered  
over 3 days.**



## **FAMILY MATTERS**

**Raising and supporting a young autistic person or a child with additional learning needs (ALN) can be overwhelming, and have an impact on our mental health and finances.**

**This course will look at relationships, money matters, benefits, communication and wellbeing.**

**For more information email  
[melissa@asdfamilyhelp.org](mailto:melissa@asdfamilyhelp.org)**

**Venue:  
Online via Teams**

**To book click on link:  
<https://www.eventbrite.co.uk/e/family-matters-workshop-tickets-473992824297>**

**All 3 dates to be attended:  
13th, 20th & 27th March  
9.45am - 12.30pm**

**MAWRTH 2023**

Cwrs Llawn wedi ei  
gyflwyno dros 3  
diwrnod.



## TEULU'N BWYSIG

Gall magu a chefnogi person ifanc awtistig neu blentyn ag anghenion dysgu ychwanegol (ADY) fod yn hynod o llethol, a chael effaith ar ein hiechyd meddwl a'n cyllid.

Bydd y cwrs hwn yn edrych ar berthnâsau, materion ariannol, budd-daliadau, cyfathrebu a lles.

Am fwy o wybodaeth e-  
bostiwch  
[melissa@asdfamilyhelp.org](mailto:melissa@asdfamilyhelp.org)

Lleoliad:  
Ar-lein trwy Teams

I archebu cliciwch ar  
ddolen:  
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Mynychu pob un o'r 3 dyddiad

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