**Face to Face Self-Care Courses**

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| **Math Cwrs****Course Type** | **Lleoliad****Location** | **Diwrnod****Day** | **Dyddiad Cychwyn****Start Date** | **Dyddiad Gorffen****End Date** | **Amser Cychwyn****Start Time** | **Amser Gorffen****End Time** |
| Hunanrheoli DiabetesDiabetes Self-Management | Canolfan Gymunedol Adnodd, Bae CinmelCommunity Resource Centre, Kinmel Bay  | Dydd Mawrth Tuesday | 03/05/2022 | 07/06/2022 | 10:00 | 12:30 |
| Cyfwyniad i HunanrheoliIntroduction to Self-Management | Canolfan Ebeneser, Llangefni**Cwrs yn llawn / course full** | Dydd Iau Thursday | 19/05/2022 | ~ | 13:30 | 16:30 |
| Cyfwyniad i HunanrheoliIntroduction to Self-Management | Eglwys St May, DinbychSt Mary's Church, Denbigh | Dydd Gwener Friday | 27/05/2022 | ~ | 9:00 | 12:00 |
| Gwydnwch EmosiynolEmotional Resilience | Canolfan Thomas Telford, PorthaethwyThomas Telford Centre, Menai Bridge | Dydd Gwener Friday | 27/05/2022 | ~ | 14:00 | 17:00 |
| Hunanrheoli COPD am OesCOPD Self-Management for Life | Canolfan Gymunedol Adnodd, Bae CinmelCommunity Resource Centre, Kinmel Bay | Dydd Mawrth Tuesday | 05/07/2022 | 16/08/2022 | 13:30 | 15:00 |
| Rheoli Poen CronigChronic Pain Management | Capel y Groes, WrecsamCapel y Groes, Wrexham | Dydd Mawrth Tuesday | 05/07/2022 | 09/08/2022 | 14:00 | 16:30 |
| Iechyd a LlesHealth & Wellbeing | Canolfan Ebeneser, Llangefni | Dydd Mercher Wednesday | 06/07/2022 | 10/08/2022 | 10:00 | 12:30 |
| Cyflwyniad i Huhanrheoli Poen CronigIntroduction to Chronic Pain Self-Management | Canolfan Gymunedol Parkfields, Y WyddgrugParkfields Community Centre, Mold | Dydd Llun Monday | 05/09/2022 | ~ | 09:30 | 12:30 |
| Cyfwyniad i HunanrheoliIntroduction to Self-Management | Canolfan Gymunedol Parkfields, Y WyddgrugParkfields Community Centre, Mold | Dydd Llun Monday | 05/09/2022 | ~ | 14:00 | 17:00 |
| Hunanrheoli DiabetesDiabetes Self-Management | Sir y Fflint – lleoliad i'w gadarnhau Flintshire – venue tbc | Dydd Mercher Wednesday | 14/09/2022 | 19/10/2022 | 14:00 | 16:30 |
| Rheoli Poen CronigChronic Pain Management | Canolfan Ebeneser, Llangefni | Dydd Iau Thursday | 15/09/2022 | 20/10/2022 | 10:00 | 12:30 |
| Cyfwyniad i HunanrheoliIntroduction to Self-Management | Canolfan Gymunedol Adnodd, Bae CinmelCommunity Resource Centre, Kinmel Bay | Dydd Llun Monday | 10/10/2022 | ~ | 09:30 | 12:30 |
| Gwydnwch EmosiynolEmotional Resilience | Canolfan Gymunedol Adnodd, Bae CinmelCommunity Resource Centre, Kinmel Bay | Dydd Llun Monday | 10/10/2022 | ~ | 14:00 | 17:00 |
| Rheoli Poen CronigChronic Pain Management | Neuadd Fach St John, BwcleSt John’s Small Hall, Buckley | Dydd Mawrth Tuesday | 08/11/2022 | 13/12/2022 | 14:00 | 16:30 |
| Iechyd a LlesHealth & Wellbeing | Canolfan Gymunedol Adnodd, Bae CinmelCommunity Resource Centre, Kinmel Bay | Dydd Gwener Friday | 11/11/2022 | 16/12/2022 | 14:00 | 16:30 |
| Cyfwyniad i HunanrheoliIntroduction to Self-Management | Canolfan Thomas Telford, PorthaethwyThomas Telford Centre, Menai Bridge | Dydd Mercher Wednesday | 16/11/2022 | ~ | 09:30 | 12:30 |