**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 Diabetes  Diabetes Self-Management | Canolfan Gymunedol Adnodd, Bae Cinmel  Community Resource Centre, Kinmel Bay | Dydd Mawrth Tuesday | 03/05/2022 | 07/06/2022 | 10:00 | 12:30 |
| Cyfwyniad i Hunanrheoli  Introduction to Self-Management | Canolfan Ebeneser, Llangefni  **Cwrs yn llawn / course full** | Dydd Iau  Thursday | 19/05/2022 | ~ | 13:30 | 16:30 |
| Cyfwyniad i Hunanrheoli  Introduction to Self-Management | Eglwys St May, Dinbych  St Mary's Church, Denbigh | Dydd Gwener Friday | 27/05/2022 | ~ | 9:00 | 12:00 |
| Gwydnwch Emosiynol  Emotional Resilience | Canolfan Thomas Telford, Porthaethwy  Thomas Telford Centre, Menai Bridge | Dydd Gwener Friday | 27/05/2022 | ~ | 14:00 | 17:00 |
| Hunanrheoli COPD am Oes  COPD Self-Management for Life | Canolfan Gymunedol Adnodd, Bae Cinmel  Community Resource Centre, Kinmel Bay | Dydd Mawrth Tuesday | 05/07/2022 | 16/08/2022 | 13:30 | 15:00 |
| Rheoli Poen Cronig  Chronic Pain Management | Capel y Groes, Wrecsam  Capel y Groes, Wrexham | Dydd Mawrth Tuesday | 05/07/2022 | 09/08/2022 | 14:00 | 16:30 |
| Iechyd a Lles  Health & Wellbeing | Canolfan Ebeneser, Llangefni | Dydd Mercher Wednesday | 06/07/2022 | 10/08/2022 | 10:00 | 12:30 |
| Cyflwyniad i Huhanrheoli Poen Cronig  Introduction to Chronic Pain Self-Management | Canolfan Gymunedol Parkfields, Y Wyddgrug  Parkfields Community Centre, Mold | Dydd Llun  Monday | 05/09/2022 | ~ | 09:30 | 12:30 |
| Cyfwyniad i Hunanrheoli  Introduction to Self-Management | Canolfan Gymunedol Parkfields, Y Wyddgrug  Parkfields Community Centre, Mold | Dydd Llun  Monday | 05/09/2022 | ~ | 14:00 | 17:00 |
| Hunanrheoli Diabetes  Diabetes 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 Cronig  Chronic Pain Management | Canolfan Ebeneser, Llangefni | Dydd Iau  Thursday | 15/09/2022 | 20/10/2022 | 10:00 | 12:30 |
| Cyfwyniad i Hunanrheoli  Introduction to Self-Management | Canolfan Gymunedol Adnodd, Bae Cinmel  Community Resource Centre, Kinmel Bay | Dydd Llun  Monday | 10/10/2022 | ~ | 09:30 | 12:30 |
| Gwydnwch Emosiynol  Emotional Resilience | Canolfan Gymunedol Adnodd, Bae Cinmel  Community Resource Centre, Kinmel Bay | Dydd Llun  Monday | 10/10/2022 | ~ | 14:00 | 17:00 |
| Rheoli Poen Cronig  Chronic Pain Management | Neuadd Fach St John, Bwcle  St John’s Small Hall, Buckley | Dydd Mawrth Tuesday | 08/11/2022 | 13/12/2022 | 14:00 | 16:30 |
| Iechyd a Lles  Health & Wellbeing | Canolfan Gymunedol Adnodd, Bae Cinmel  Community Resource Centre, Kinmel Bay | Dydd Gwener Friday | 11/11/2022 | 16/12/2022 | 14:00 | 16:30 |
| Cyfwyniad i Hunanrheoli  Introduction to Self-Management | Canolfan Thomas Telford, Porthaethwy  Thomas Telford Centre, Menai Bridge | Dydd Mercher Wednesday | 16/11/2022 | ~ | 09:30 | 12:30 |