



Self Advocacy For Empowerment



Anyone can suffer with daily stresses, and for those in need, we offer free, friendly and independent courses for people who live in Flintshire.



April 2015 - March 2018

S.A.F.E can help if you ...

- ✓ Want things to change in your life
- ✓ Want to be able to tell people how you really feel about things
- ✓ Want to take control
- ✓ Find it hard to make important decisions about yourself

We offer a programme of groups and workshops. This is refreshed regularly with new and different courses each time.

S.A.F.E can help you to ...

- ✓ Develop your confidence and skills
- ✓ Be able to express your own views
- ✓ Bring about changes that can affect your life
- ✓ Improve your communication and listening skills
- ✓ Be assertive and develop your personal strengths

This service is funded by Flintshire County Council.

'Skills for a stronger voice'

S.A.F.E will be tailored to your needs, and move at your pace.

Self-advocacy doesn't mean going it alone! You can still have an advocate if you attend our courses or workshops.

Feel more able to express your views and bring about positive changes in your life.

Contact us:

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🌐: www.ASNEW.org.uk

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Hunan Eiriolaeth am gyfer Grymuso



Gall unrhyw un ddioddef pwysau bob dydd, ac i'r rhai sydd mewn angen, rydym yn cynnig cyrsiau am ddim, cyfeillgar ac annibynnol i bobl sy'n bywyn Sir y Fflint.



April 2015 - March 2018

Gall S.A.F.E eich helpu os ydych chi ...

- ✓ Eisiau i bethau newid yn eich bywyd
- ✓ Eisiau gallu dweud wrth bobl sut rydych chi'n teimlo'n wir am bethau
- ✓ Eisiau cymryd rheolaeth
- ✓ Dod o hyd i hi'n anodd gwneud penderfyniadau pwysig amdanoch chi'ch hun

Rydym yn cynnig rhaglen o grwpiau a gweithdai. Adnewyddir hyn yn rheolaidd gyda chysiau newydd a gwahanol bob tro.

S.A.F.E gall eich helpu chi ...

- ✓ Datblygu eich hyder a sgiliau
- ✓ Gallu mynegi eich barn eich hun
- ✓ Dod â newidiadau sy'n gallu effeithio ar eich bywyd
- ✓ Gwella eich sgiliau cyfathrebu a gwrando
- ✓ Byddwch yn bendant a datblygu eich cryfderau personol

Ariennir y gwasanaeth hwn gan Gyngor Sir y Fflint.

'Sgiliau am lais cryfach'

Bydd S.A.F.E wedi'i deilwra i'ch anghenion, ac yn symud ar eich cyflymder.

Nid yw hunan-eiriolaeth yn golygu mynd ar eich hun! Gallwch gael eiriolwr o hyd os ydych chi'n mynychu ein cyrsiau neu ein gweithdai.

Teimlo'n fwy galluog i fynegi'ch barn a dod â newidiadau cadarnhaol yn eich bywyd. Byddwch yn bendant a datblygu eich cryfderau personol.

Cysylltwch â ni:

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