

# Yma i helpu Here to help

cyngor ar  
bopeth

Ceredigion

Darganfyddwch  
sut i gysylltu â ni

Find out how  
to get in touch

**Am ddim, yn annibynnol,  
yn gyfrinachol ac yn  
ddiduedd. Rydym yn  
helpu pobl i ddod o hyd i  
ffordd ymlaen.**

### **Ffoniwch ni**

01239 621974 / 01970  
612817 ar ddydd Llun, dydd  
Mercher a dydd Iau, 10yb –  
1yp.

### **Tecstio neu WhatsApp ni**

0778 236 1974 (sylwch, na  
allwn dderbyn galwadau ar  
y rhif hwn).

### **E-bostiwch ni**

[gofyn@cabceredigion.org](mailto:gofyn@cabceredigion.org)

### **Neges i ni**

Chwiliwch amdano  
[@cabceredigion](https://www.facebook.com/cabceredigion) ar  
facebook ac anfon neges  
breifat atom oddi yno.

**Free, confidential,  
independent and  
impartial. We help  
people find a way  
forward.**

### **Phone us**

01239 621974 / 01970  
612817 on Monday,  
Wednesday and  
Thursday, 10am until 1pm.

### **Text or WhatsApp us**

0778 236 1974 (please note,  
we can't take calls on this  
number).

### **Email us**

[ask@cabceredigion.org](mailto:ask@cabceredigion.org)

### **Message us**

Search for [@cabceredigion](https://www.facebook.com/cabceredigion)  
on facebook and message  
us privately from there.

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