

What is Emotional Resilience Training?

Emotional Resilience Training is a course designed by Connecting with People and run in North Wales by the Betsi Cadwaladr Health Board's Self Care Office.

The course aims to:

- Increase your ability to deal with difficult feelings
- Increase your ability to cope with stressful life events
- Gives you the information required so that you know where to access further support if you ever need it in the future



The course is a 3 hour session and is available in community settings across North Wales where possible. An online version is accessible via any internet connected device.

For more information, or to book a place on a course, please contact the Self Care Office on **03000 852281**, e-mail **eppcymru.bcuhb@wales.nhs.uk** or return the slip below to:

Self Care Office Co-ordinator,
Eryldon, Campbell Road, Caernarfon,
Gwynedd. LL55 1HU

ERT Course Return Slip

Name:

Address:

Post Code:

Phone number:

Hyfforddiant Gwydnwch Emosiynol

Beth yw Hyfforddiant Gwytnwch Emosiynol?

Hyfforddiant Gwytnwch Emosiynol yw cwrs sydd wedi'i ddylunio gan Connecting with People sy'n cael ei gynnal yng Ngogledd Cymru gan Swyddfa Hunan Ofal Bwrdd Iechyd Prifysgol Betsi Cadwaladr.

Nod y cwrs yw:

- Gynyddu eich gallu i ddelio â theimladau anodd
- Cynyddu eich gallu i ymdopi â digwyddiadau bywyd sy'n straen
- Yn rhoi'r wybodaeth sydd ei angen fel eich bod yn gwybod ble i gael mynediad at gefnogaeth bellach os ydych ei angen yn y dyfodol.



Mae'r cwrs yn sesiwn 3 awr ac mae ar gael mewn lleoliadau cymunedol ar draws Gogledd Cymru lle bo hynny'n bosib. Mae fersiwn ar-lein ar gael dros unrhyw ddyfais sy'n cysylltu â'r we.

Am ragor o wybodaeth, neu i gadw lle ar gwrs, cysylltwch â'r Swyddfa Hunanofal ar **03000 852281**, e-bostiwrch **eppcymru.bcuhb@wales.nhs.uk** neu dychwelwch y slip isod at:

Cydlynnydd Swyddfa Hunanofal,
Eryldon, Lôn Campbell, Caernarfon,
Gwynedd. LL55 1HU

Slip Dychwelyd Cwrs ERT

Enw:

Cyfeiriad:

Cod Post:

Rhif ffôn:



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Emotional Resilience Training

