



Funded by
UK Government

Wedi ei ariannu gan
Llywodraeth y DU

Don't call it a dream...
...Call it a plan. **Threshold**



Scan me to find out more!

Would you like to learn more about **Mental Health & Stress?**

The course will explore the concept of mental health, emotional well-being theories, risk, resilience and more!

The training will be underpinned by up-to date-statistics and emphasis will be placed on supporting learners in developing skills in evaluating everyday sources of data relating to mental health.

This course will culminate in an Agored Cymru unit certificate in 'Extracting Data', but learners can opt into achieving Level 2 Award in Personal & Social Education - Mental Health and Well-being and Understanding Stress.

For more information on these units, go to:-
www.agored.cymru/Units-and-Qualifications/Unit/CDC068 and
www.agored.cymru/Units-and-Qualifications/Unit/CDL764

The 'Moving 4ward' Project will provide opportunities in training and support into employment for people and communities in Wales. This project is funded by the UK Government through the UK Shared Prosperity Fund (UKSPF).

Interested? Please get in touch with
Hannah at HJenkins@threshold-das.org.uk / 07951949915
For more information, scan the QR code and visit our website.

Training and project activities are available face-to-face and/or online*. Eligibility criteria apply - open to residents aged 19+ in the unitary authority of Powys.
(*Subject to participant numbers)


Powys

**MOVING
4WARD**

POWERED BY
**LEVELLING
— UP —**

WEDI'I YRRU GAN
**FFYNIANT
— BRO —**



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Sganiwch fi i ddarganfod mwy!

Hoffech chi ddysgu mwy am **Iechyd Meddwl a Straen?**

Bydd y cwrs yn archwilio'r cysyniad o iechyd meddwl, damcaniaethau lles emosiynol, risg, gwytnwch a mwy!

Bydd yr hyfforddiant yn cael ei danategu gan ystadegau cyfoes a bydd pwyslais yn cael ei roi ar gefnogi dysgwyr i ddatblygu sgiliau wrth werthuso ffynonellau data dyddiol yn ymwneud ag iechyd meddwl.

Daw'r cwrs hwn i ben gyda thystysgrif uned Agored Cymru mewn 'Echdynnu Data', ond gall dysgwyr ddewis ennill Dyfarniad Lefel 2 mewn Addysg Personol a Chymdeithasol - Iechyd Meddwl a Lles a Deall Straen.

I gael rhagor o wybodaeth am yr unedau hyn, ewch i:-
www.agored.cymru/Units-and-Qualifications/Unit/CDC068 ac
www.agored.cymru/Units-and-Qualifications/Unit/CDL764

Bydd y Prosiect 'Moving 4ward' yn darparu cyfleoedd ar gyfer hyfforddiant a chymorth mewn cyflogaeth i bobl a chymunedau yng Nghymru. Ariennir y prosiect hwn gan Lywodraeth y DU drwy Gronfa Ffyniant Gyffredin y DU (UKSPF).

Diddordeb? Cysylltwch â

Hannah yn HJenkins@threshold-das.org.uk / 07951949915

I gael rhagor o wybodaeth, sganiwch y cod QR ac ewch i'n gwefan.

Mae hyfforddiant a gweithgareddau prosiect ar gael wyneb yn wyneb a/neu ar-lein*. Mae meini prawf cymhwysedd yn berthnasol - yn agored i drigolion 19+ oed yn awdurdod unedol Powys. (*Yn amodol ar nifer y cyfranogwyr)


Powys

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