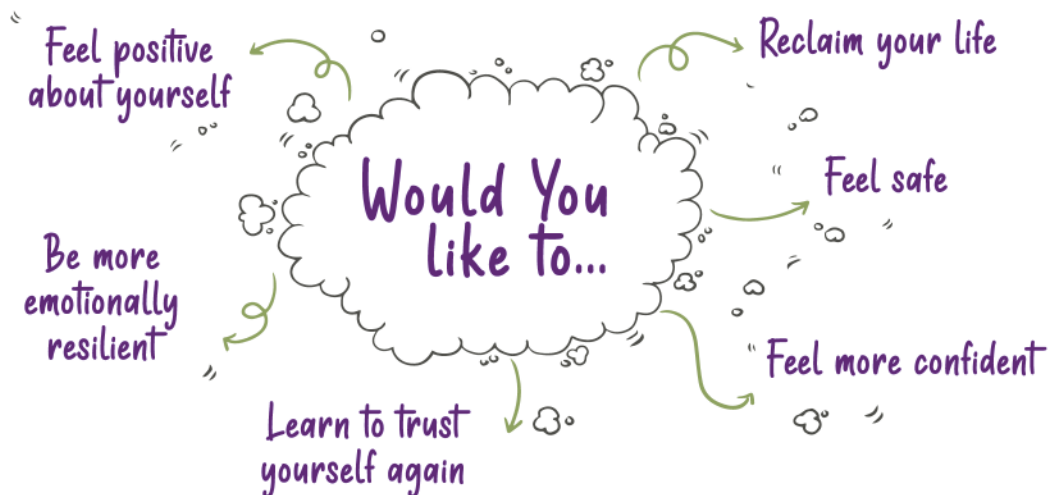




You have the right to feel safe

Ladies - Have you experienced an abusive relationship?



Please get in touch, we would love to hear from you.
We run courses in various locations across South/West Wales

Contact us to find out more

or refer yourself or someone else through our website
www.physicalempowerment.co.uk

Philippa - 07929 125957 / team@physicalempowerment.co.uk

Our courses are free and we can help with travel and childcare costs if needed.

Community Interest Company



Mae gennych chi'r hawl i deimlo'n ddiogel

Ferched – Ydych chi wedi profi perthynas dreisgar?



Cysylltwch â ni – hoffem glywed gennych.
Rydym yn cynnal cyrsiau mewn amryw o leoliadau
ledled De/Gorllewin Cymru

Cysylltwch â ni i gael rhagor o wybodaeth

**neu atgyfeiriwch eich hun neu rywun arall drwy ein gwefan
www.physicalempowerment.co.uk**

Philippa - 07929 125957 / team@physicalempowerment.co.uk

*Mae ein cyrsiau yn rhad ac am ddim a gallwn helpu gyda chostau teithio a gofal
plant os bydd angen.*

Cwmni Buddiannau Cymunedol