

Physical Empowerment: Carmarthenshire

Are you a **professional** working in or around **Carmarthenshire** with **women who have lived through domestic abuse**?

If the answer is yes, we would like to invite you to an introductory session to explain what Physical Empowerment is, how it works and how you will be able to use it as a new, physical, referral pathway for the people you work with in Carmarthenshire.

When: Friday 4th November, 11am – 1pm

Where: St. Peter's Civic Hall, Nott Square, Carmarthen, SA31 1PG

What is Physical Empowerment? Courses and regular sessions which use self-defence (emotional, mental and physical) as a trauma rehabilitation tool and help attendees get back in touch with their intuition, self-worth and sense of “belonging” in society.

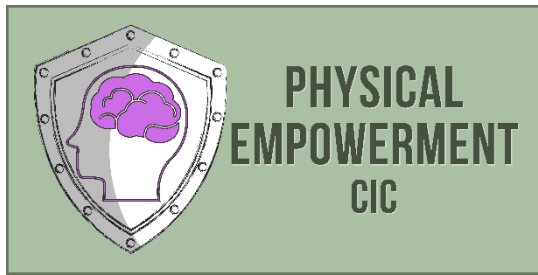
For more information on what we do, visit www.physicalempowerment.co.uk

Why? “Learning self-defence empowers you to live with less fear and more freedom.” Bodies can be as traumatised as minds. Everyone has the right to feel safe in their own skin.

We would love the opportunity to show you what we do and how our courses work so we can inspire you to refer your service users to us.

Please RSVP to 01994 419243 / 07929 125957 or team@physicalempowerment.co.uk and let us know how many people will be attending from your organisation.

We look forward to meeting you! 😊



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Ydych chi'n **weithiwr proffesiynol** sy'n gweithio yn **Sir Gaerfyrddin** gyda **merched sydd wedi byw drwy gam-drin domestig**?

Os mai'r ateb yw ydw, hoffem eich gwahodd i sesiwn ragarweiniol i egluro beth yw Grymuso Corfforol, sut mae'n gweithio a sut y byddwch yn gallu ei ddefnyddio fel llwybr cyfeirio newydd, corfforol, ar gyfer y bobl rydych chi'n gweithio gyda nhw yn Sir Gaerfyrddin.

Pryd: Dydd Gwener 4 Tachwedd, 11am – 1pm

Ble: St. Peter's Civic Hall, Nott Square, Carmarthen, SA31 1PG

Beth yw Physical Empowerment? Cyrsiau a sesiynau rheolaidd sy'n defnyddio hunan-amddiffyn (emosiynol, meddyliol a chorfforol) fel offeryn adsefydlu trawma ac yn helpu'r rhai sy'n mynychu i gysylltu'n ôl â'u greddf, eu hunan-werth a'u synnwyr o "berthyn" yn y gymdeithas.

Am fwy o wybodaeth am yr hyn rydyn ni'n ei wneud, ewch i www.physicalempowerment.co.uk

Pam? "Mae dysgu hunan-amddiffyn yn eich grymuso i fyw gyda llai o ofn a mwy o ryddid." Gall cyrff fod mor drawma â meddyliau. Mae gan bawb yr hawl i deimlo'n ddiogel yn eu croen eu hunain.

Byddem wrth ein boddau gyda'r cyfle i ddangos i chi beth rydyn ni'n ei wneud a sut mae ein cyrsiau'n gweithio fel y gallwn eich ysbrydoli i gyfeirio eich defnyddwyr gwasanaeth atom.

RSVP os gwelwch chi'n dda: 01994 419243 / 07929 125957 neu

team@physicalempowerment.co.uk a rhowch wybod i ni faint o bobl fydd yn mynychu o'ch sefydliad.

Edrychwn ymlaen i'ch cyfarfod! 😊