

# myriad

programme

Specifically developed for lesbian, gay, bi, trans and other gender, relationship & sexuality diverse Individuals; this 8-week recovery and resilience programme has been developed in partnership with LGBTQ+ survivors of domestic abuse and the University of South Wales. We offer a safe space to chat, learn and support each other.

During the programme, you will be supported to think about your background and upbringing in this cis/het dominant society and the impacts this has had on you. We will explore different types of abuse in relationships, the impacts, how to recognise warning signs and what actions you can take to keep yourself safe.

We aim to help you develop better ways to communicate and be clear about what you want and don't want in life. This programme will aim to improve your self-esteem, confidence, ways to look after yourself and create better connections and relationships with others.

We also hope that some people that attend the programme will want to be trained to become peer-support volunteers in the longer-term and maybe help to facilitate future programmes.

To register on the programme, you will need to identify as LGBTQ+ and have left an abusive relationship.

**For a chat about the support on offer, or to register your interest, please get in touch.**

 [Calandvs.org.uk/myriad](https://calandvs.org.uk/myriad)

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## rhaglen

Datblygwyd y rhaglen yn benodol ar gyfer unigolion lesbiaidd, hoyw, bi, traws a rhywedd amrywiol. Mae'n rhaglen adferol 8 wythnos wedi'i datblygu mewn partneriaeth â goroeswyr cam-drin domestig LHDTG+ (LGBTQ +) a Phrifysgol De Cymru. Rydym yn cynnig lle diogel i sgwrsio, dysgu a chefnogi ein gilydd.

Yn ystod y rhaglen, byddwch yn cael cymorth i ystyried eich cefndir a magwraeth mewn cymdeithas a gaiff ei dominyddu gan sis/het a'r effaith mae hyn wedi ei gael arnoch. Byddwn yn archwilio gwahanol fathau o gamdriniaeth mewn perthnasoedd, yr effeithiau, sut i adnabod arwyddion rhybuddiol a pha gamau y gallwch eu cymryd i gadw'ch hun yn ddiogel.

Ein nod yw eich helpu chi i ddatblygu ffyrdd gwell o gyfathrebu a bod yn glir am yr hyn rydych chi eisiau a ddim eisiau mewn bywyd, gwella'ch hunan-barch, eich hyder a'ch ffyrdd o edrych ar ôl eich hun ac i greu gwell cysylltiad â pherthynas ag unigolion eraill LHDTG+.

Gobeithiwn y bydd rhai pobl sy'n mynychu'r rhaglen eisiau cael eu hyfforddi i ddod yn wirfoddolwyr cynorthwyo cymheiriaid (peer support volunteers) yn y tymor hwy ac efallai helpu i hwyluso rhaglenni yn y dyfodol.

I gofrestru ar y rhaglen bydd angen ichi fod yn LHDTG+ a bod wedi gadael perthynas dreisgar.

**I gael sgwrs am y gefnogaeth a gynigir, neu i gofrestru'ch diddordeb, cysylltwch â ni.**

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