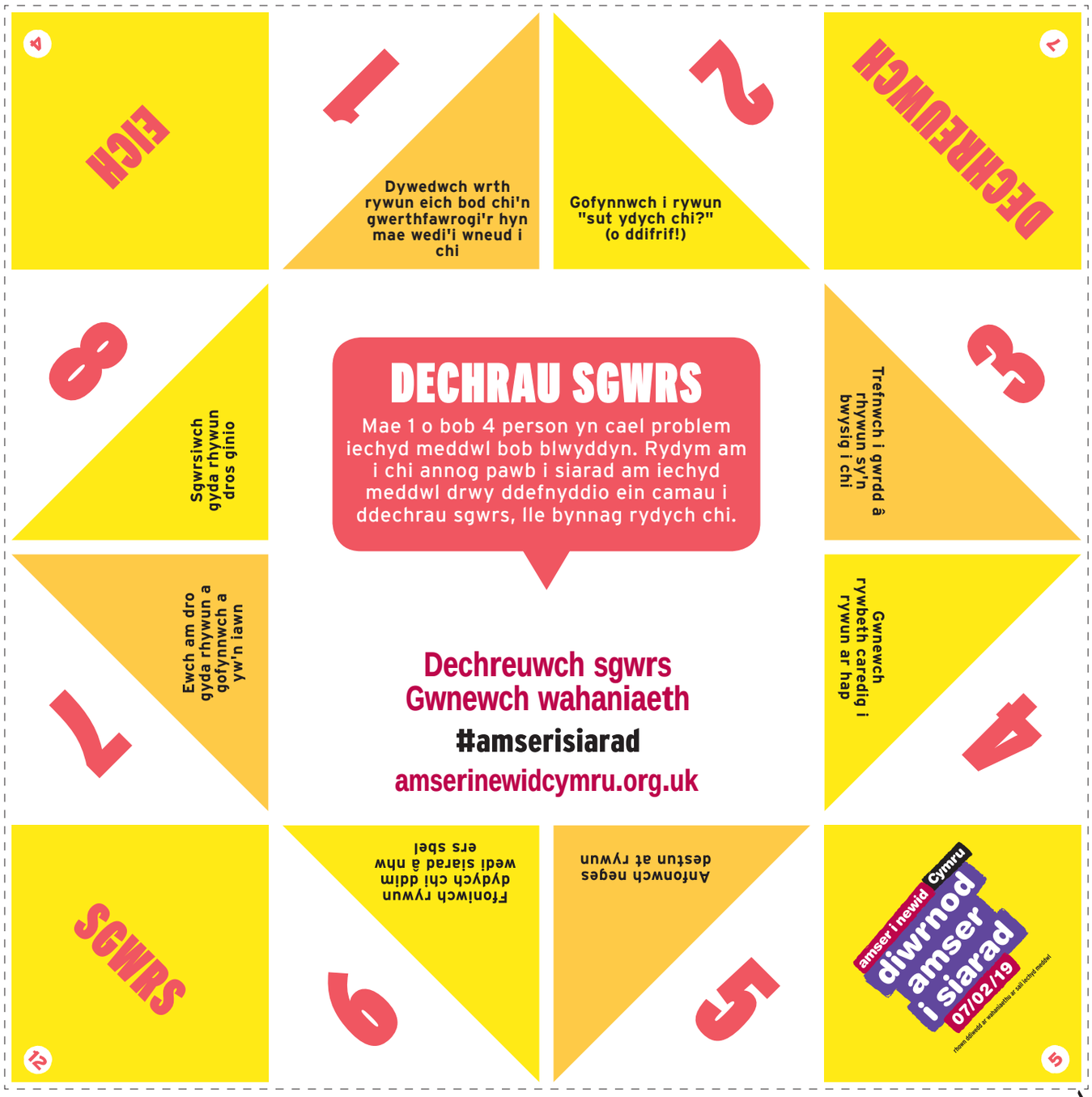

Cyfarwyddiadau plygu

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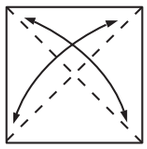

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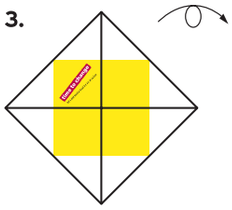

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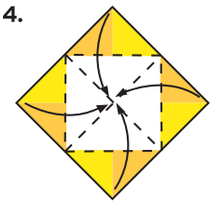

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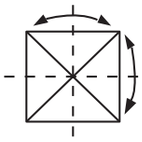

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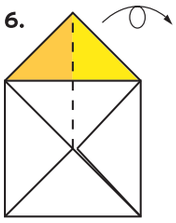

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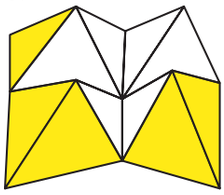

Sut i ddechrau sgwrs

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- Dewiswch eich rhif olaf, agorwch y fflap a dechreuwch eich sgwrs

amser i newid Cymru
diwrnod amser i siarad
07/02/19
rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl