



**Fe wna i decstio ti nes
'mlaen, oce?**

**Mae mor syml â hynny.
Dim ond eiliad mae'n
cymryd i newid bywyd
rhywun.**

**Mae'n
#AmserI FodYnGaredig 👍**

**Being supportive only takes a second,
but it can make all the difference.**

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