



NEW HORIZONS

Mental Health & Emotional Wellbeing Centre

At
St. Lleurwg's
Church Hall
Hirwaun

Open every Friday
from 1pm - 4pm

Reg Charity: 1066601

www.newhorizons-mentalhealth.co.uk

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Support

This is a volunteer led peer support group for people with mental health issues. The group is run by trained and experienced volunteers (NVQ Level 2 and many years of experience of offering support at New Horizons). The group will offer support, a friendly safe environment and a cup of tea.

Access

Adults living with mental health problems and/or emotional distress who are living independently in the Cynon and Rhondda Valleys. No appointment necessary.

Address of Main Cynon Office

April - May 2012

New Horizons
44-49 Cardiff St
Aberdare
CF44 7DG

From June 1st 2012

New Horizons
16 Dean Street
Aberdare
CF44 7BN

T: 01685 881113

E: info@newhorizons-mentalhealth.co.uk

www.newhorizons-mentalhealth.co.uk

www.mentalhealthsupport.co.uk

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