

Recovery College Spring 2017 timetable

| Course and Venue | Day | Time | Start Date | Weeks |
|---|---------------------------------|---------------------------------|---------------------------------|-------|
| Cynon - New Horizons, 16 Dean Street, Aberdare, CF44 7BN | | | | |
| Diabetes Awareness | Monday | 10am – 12pm | 24/4/17 | 1 |
| Introduction to Psychology | Wednesday | 9.30am – 12pm | 26/4/17 (Excludes half term) | 6 |
| Domestic Abuse Awareness | Monday | 9.30am -12pm | 8/5/17 | 3 |
| Anger Management & Emotional Wellbeing | Monday | 9.30am – 12pm | 5/6/17 | 6 |
| Problem Solving Skills | Wednesday | 9.30am – 12pm | 14/6/17 | 3 |
| Cynon-MATV Mind – Communities First, Upper Cynon Cluster, Cynon Valley Museum, Depot Rd, Aberdare CF44 8DL | | | | |
| “Five Ways to Well-being” Five simple ways to feel healthier and happier | TBC Ring for further details | TBC Ring for further details | June/July | 5 |
| Merthyr Tydfil – MATV Mind – Keir -Hardie Health Park, Aberdare Road, CF48 1BZ “Bounce” - Exploring aspects of resilience building | | | | |
| Well being and Resilience | Friday | 2.00pm -4.00pm | 21/4/17 28/4/17 | 6 |
| Recognising Stress | Wednesday | 2.00pm -4.00pm | 3/5/17 | |
| Tackling Worries | Monday | 2.00pm -4.00pm | 8/5/17 | |
| Coping and Managing Stress | Friday | 2.00pm -4.00pm | 12/5/17 | |
| Mindfulness and Relaxation | Tuesday | 2.00pm -4.00pm | 16/5/17 | |
| Merthyr Tydfil – MATV Mind High Street Chapel, Merthyr Tydfil CF47 8DN (partnership working with The Merthyr Osteoporosis Support Group) | | | | |
| Mental health and well-being awareness workshop | Tuesday | 1.00pm – 3.00pm | 11/4/17 | 1 |

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| Rhondda-MATV Mind - Communities First, Porth Plaza, Pontypridd Rd, Porth, CF39 9PG (partnership working with the Wellbeing team at Interlink/VAMT) | | | | |
| "The Big Chat" "Your Well-being matters" Stories are powerful. They inspire teach, motivate and challenge. We all have a story, tell us yours... | TBC Ring for further details | TBC Ring for further details | Mid August | 2/4 |
| Rhondda-MATV Mind - Communities First, Cwm Clydach Community Centre – please ring for further details) | | | | |
| Pathways to Care/RTF Agored Level 1 | tbc | 10.00am – 12.30pm | 24/4/17 | 8 |
| Rhondda – New Horizons- TooGoodToWaste Unit 1 Standard Industrial Estate, Ynyshir, Porth,CF39 0RF | | | | |
| Diabetes Awareness | Wednesday | 10am -12pm | 3/5/17 | 1 |
| Anger Management &Emotional Wellbeing | Tuesday | 12.30pm -3pm | 25/4/17 (Excludes half term) | 6 |
| Mental Health & Wellbeing | Tuesday | 12.30pm – 3pm | 13/6/17 | 4 |
| Taf Ely – New Horizons , Newydd Housing, Trem Y Cwm, Maesfield Rhydefelin CF37 5HQ | | | | |
| Recognising &Dealing with Stress | Thursday | 9.30am – 12pm | 27/4/17 (Excludes half term) | 6 |
| Mental Health & Wellbeing | Thursday | 9.30am – 12pm | 15/6/17 | 4 |
| Taf Ely – New Horizons , Valleys Kids, 15 Elm Street, Rhydefelin, Pontypridd CF37 5DF | | | | |
| Managing Anxiety | Friday | 10am – 12.30pm | 12/5/17 (Excludes half term) | 6 |
| Taf – MATV Mind – MUNI Arts Centre, Gelliwasted Road, Pontypridd, CF37 2DP "Bounce" - Exploring aspects of resilience building | | | | |
| Well being and Resilience Recognising Stress Tackling Worries Coping and Managing Stress Mindfulness and Relaxation | Thursday's | 12.00am – 3.00pm | 15/6/17 22/6/17 29/6/17 6/7/17 13/7/17 20/7/17 | 6 |

Merthyr and the Valleys Mind

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New Horizons

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