

Course and Venue	Day	Time	Start Date	Weeks
Cynon - New Horizons, 16 Dean Street, Aberdare, CF44 7BN				
Improving Own Confidence	Mondays	9.30am – 12.00pm	11/9/17	6
Individual Difference & Abnormal Psychology	Wednesdays	9.30am – 12.00pm	13/9/17	14
Knowing Myself	Mondays	9.30am – 12.00pm	6/11/17	4
Self-Harm Workshop (18-25years)	Monday	5.30-7pm	TBC	4
Cynon - MATV Mind - (Barnardos) Fernhill Community Links Building, 371 Fernhill, CF45 3EW "Bounce" Introduction to resilience building				
Well being and Resilience Coping and Managing Stress Mindfulness and Relaxation	Tuesday	11.00am – 1.00pm	05/09/17 19/09/17 26/09/17	3
Merthyr Tydfil – MATV Mind – (CTUHB) Keir -Hardie Health Park, Aberdare Road, CF48 1BZ Living Life to the Full - Key life skills that will help you feel better, happier and more in control of your life.				
"I feel really bad" "I can't be bothered doing anything" "Why does everything always go wrong?" "I'm not good enough" The things you do that mess you up 10 things you can do to feel happier straight away	Monday	2.00pm -4.00pm	30/10/17 06/11/17 13/11/17 20/11/17 27/11/17 04/12/17	6
Merthyr Tydfil- MATV Mind – Voluntary Action Merthyr Tydfil, 89-90 High Street, Merthyr Tydfil, CF47 8UH				
Anxiety Awareness	Friday	11.00am-1.00pm	01/09/17	1

Rhondda-MATV Mind - (Communities First), Porth Plaza, Pontypridd Rd, Porth, CF39 9PG				
Coping with Life – CBT based				
“I’m feeling low” “I’m feeling stressed” “I worry about everything” “ I can’t sleep”	Wednesday	10.30am – 1.00pm	20/09/17 27/09/17 04/10/17 11/10/17	4
Rhondda – New Horizons- TooGoodToWaste, Ynyshir Road Ynyshir CF39 0AT				
Popular Psychology	Tuesdays	12.30pm – 3.00pm	12/9/17	7
Problem Solving Skills	Tuesdays	12.30pm – 3.00pm	7/11/17	3
Domestic Abuse Awareness	Tuesdays	12.30pm – 3.00pm	28/11/17	3
Rhondda – New Horizons – TBC				
Self-Harm Workshop (18-25years)	TBC	TBC	TBC	4
Taf Ely – New Horizons - Hapi Newydd Housing, Trem-Y-cwm, Masefield Way, Rhydyfelin CF37 5HQ				
Knowing Myself	Thursdays	9.30am – 12.00pm	14/9/17	4
Problem Solving Skills	Thursdays	10.00am – 12.30pm	12/10/17	3
Harm Reduction	Thursdays	9.30am – 12.00pm	9/11/17	4
Diabetes Awareness	Tuesdays	10.00am – 12pm	24/10/17	1
Taf Ely -MATV Mind - (Royal Voluntary Service), Pontypridd Museum, Bridge Street, Pontypridd, CF37 4PE				
Mental Health Awareness	Tuesday	11.00am – 1.00pm	07/11/17	1
Taf - MATV Mind - (Communities First), Thomastown Community Centre, 51 Francis St, Tonyrefail, CF39 8DS.				
Coping with Life – CBT based				
“I’m feeling low” “I have panic attacks” “I snap/shout at people”	Thursday	11.00am – 1.00pm	19/10/17 26/10/17 02/11/17	3

Merthyr and the Valleys Mind

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