

Course and Venue	Day	Time	Start Date	Weeks
<b>Cynon - New Horizons, 16 Dean Street, Aberdare, CF44 3YL</b>				
Criminology	Wednesday	9.30am-12pm	10/1/18	9
Peer Mentor	Monday	9.30am- 12pm	15/1/18	5
Counselling Skills	Monday	9.30am -12pm	26/2/18	5
<b>Cynon - MATV Mind – (Upper Cynon Communities First), Fernhill Community Links Building, 371 Fernhill, CF45 3EW</b> "Bounce" Introduction to resilience building				
Well being and Resilience	Monday	11.00am – 1.00pm	19/03/18	2
Coping and Managing Stress			26/03/18	
<b>Merthyr Tydfil – MATV Mind – (CTUHB) Keir -Hardie Health Park, Aberdare Road, CF48 1BZ (Group room 2)</b> Coping with Life – CBT based				
"Managing your Anger"	Monday	2.00pm -4.00pm	05/02/18 12/02/18 19/02/18	3
"I'm feeling low" "I'm feeling stressed" "I worry about everything"	Monday	2.00pm -4.00pm	05/03/18 12/03/18 19/03/18	3
<b>Merthyr Tydfil – MATV Mind High Street Chapel, Merthyr Tydfil CF47 8DN (partnership working with The Merthyr Osteoporosis Support Group)</b> Discovering Five Simple Ways to Feel Healthier and Happier				
Five Ways to well – being	Tuesday	1.30am-2.00pm	13/02/18	2
Carers Awareness		2.00pm – 2.30pm		

<b>Rhondda-MATV Mind - (Porth Communities First), Porth Library, Plaza, Pontypridd Rd, Porth, CF39 9PG</b>				
Discovering techniques to help overcome stress and anxiety.				
Understanding – Stress	Thursday	1.00pm – 3.00pm	01/02/18	2
Understanding - Anxiety			08/02/18	
<b>Rhondda – New Horizons-</b> The Factory, Jenkin Street, Porth CF39 9PP				
Developmental Psychology	Tuesday	12.30pm -3pm	9/1/18	6
Counselling Skills	Tuesday	12.30pm – 3pm	27/2/18	5
<b>Taf Ely – New Horizons -</b> Rhydefelin, Pontypridd Venue to be confirmed				
Managing Anxiety	Thursday	9.30am – 12pm	11/1/18	6
Counselling Skills	Thursday	9.30am – 12pm	1/3/18	5
<b>Taf Ely -MATV Mind - (Pontypridd Communities First), Pontypridd Museum, Bridge Street, Pontypridd, CF37 4PE</b>				
Coping with Life – CBT based				
“I’m feeling low”	Tuesday	11.00am – 1.00pm	30/01/18	1
<b>RCT - MATV Mind – (Taf Communities First) Gilfach Goch Community Centre, Cambrian Avenue, Gilfach, Porth.</b>				
Opportunities to gain skills and techniques to improve your mental well-being.				
Mental Health Awareness	Tuesday	11.00am – 1.00pm	06/03/18	2
The Big Chat – (Peer training, shared learning and time to change)		1.30pm -2.30pm		
Anxiety Awareness		11.00am – 1.00pm	13/03/18	2
Five Ways to Well-being		1.30pm -2.30pm		

### Merthyr and the Valleys Mind

88 High Street,  
 Pontmorlais,  
 Merthyr Tydfil,  
 CF47 8UH  
 01685 353944/353961  
 www.matvmind.org.uk  
 Training@matvmind.org.uk

### New Horizons

16 Dean Street,  
 Aberdare,  
 CF44 7BN  
 01685 881113  
 info@newhorizonsmentalhealth.co.uk  
 www.newhorizons-mentalhealth.co.uk