

Course and Venue	Day	Time	Start Date	Weeks
<b>Cynon - New Horizons, 16 Dean Street, Aberdare, CF44 7BN</b>				
Criminology	Monday	9.30am-12pm	16/4/18	9
Diabetes Awareness	Monday	12.15pm- 1.15pm	16/4/18	1
Social Psychology	Wednesday	9.30am -12pm	18/4/18	8
Anger Management	Wednesday	9.30am – 12pm	20/6/18	3
Self-Harm	TBC	TBC	TBC	TBC
<b>Cynon – MATVMind – Feel Good Factory, Abercynon Road, Ynysboeth, Mountain Ash, CF45 4XZ</b>				
<b>Agored Accredited Mental Health Awareness</b>	Tuesday			5
Introduction to mental health problems and disorders		12pm-2pm	17/04/2018	
Mental Health, risk factors and resilience		12pm-2pm	24/04/2018	
Effects of stigma and discrimination		12pm -2pm	01/05/2018	
Challenging stigma and discrimination		12pm-2pm	08/05/2018	
Preparing for accreditation		12pm-2pm	15/05/2018	
<b>Merthyr Tydfil – MATV Mind – Canolfan Soar, High Street, Merthyr Tydfil</b>				
<b>Agored Accredited Confidence and Well-being</b>	Thursday			5
Introduction to confidence and self-esteem		12pm-2pm	31/05/2018	
Passive, aggressive and assertive behaviour types		12pm-2pm	7/06/2018	
5 ways to well-being		12pm-2pm	14/06/2018	
Resilience		12pm-2pm	21/06/2018	
Preparing for accreditation		12pm-2pm	28/06/2018	

<b>Rhondda-MATV Mind – Porth Plaza, Pontypridd Road, Porth, CF39 9PG</b>				
<b>Agored Accredited Self-Management of Long Term Conditions</b>	Tuesday			5
Introduction to long term health conditions and common problems		11am-1pm	29/05/2018	
Self-Management techniques		11am-1pm	05/06/2018	
Action planning		11am-1pm	12/06/2018	
Communication barriers		11am-1pm	19/06/2018	
Preparing for accreditation		11am-1pm	26/06/2018	
<b>Rhondda – New Horizons- The Factory, Jenkin Street, Porth CF39 9PP</b>				
Individual Differences & Abnormal Psychology	Tuesday	12.30pm -3pm	17/4/18	13
Self-Harm	TBC	TBC	TBC	TBC
<b>Taf Ely – New Horizons - Bryncae Community Centre, Powell Drive, Llanharan CF72 9UU</b>				
Managing Anxiety	Monday	12.30pm – 3pm	14/5/18	7
<b>Taf Ely – New Horizons HAPI Newydd Housing, , Trem Y Cwm, Maesfield Way, Rhydefelin, Pontypridd CF37 5HQ</b>				
Resilience Skills	Thursday	9.30am – 12.00pm	19/4/18	3
Assertiveness Skills	Thursday	9.30am – 12.00pm	10/5/18	3
Peer Mentor	Thursday	9.30am – 12pm	7/6/18	6
<b>Taf Ely – New Horizons Wales Council for Deaf People Glenview House, Court House St, Pontypridd CF37 1JY</b>				
Depression Busting for Adults Hard of Hearing	TBC	TBC	TBC	TBC
<b>Taf Ely -MATV Mind - HAPI Newydd Housing, , Trem Y Cwm, Maesfield Way, Rhydefelin, Pontypridd CF37 5HQ</b>				
<b>Agored Accredited Confidence and Well-being</b>	Thursday			5
Introduction to confidence and self-esteem		11am-1pm	19/04/2018	
Passive, aggressive and assertive behaviour types		11am-1pm	26/04/2018	
5 ways to well-being		11am-1pm	03/05/2018	
Resilience		11am-1pm	10/05/2018	
Preparing for accreditation		11am-1pm	17/05/2018	

### **Merthyr and the Valleys Mind**

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### **New Horizons**

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