

Course and Venue	Day	Time	Start Date	Weeks
Cynon - New Horizons, 16 Dean Street, Aberdare, CF44 7BN				
Introduction to Sign Language L1	Mondays	9.30am-12pm	TBC	6
Anger Management L1	Wednesdays	9.30am – 12.00pm	19/9/18	2
Mental Health & Wellbeing L1	Wednesdays	9.30am -12pm	3/10/18	4
History & Development of the Welsh Language L1	Wednesdays	9.30am – 12pm	7/11/18	6
Cynon- MATV Mind-Feel Good Factory, Abercynon Road, Ynysboeth, Mountain Ash, CF45 4XZ				
5 Ways to Well-being Taster Session	Thursday	1.30pm-3.30pm	8/11/18	1
Agored Accredited Mental Health Awareness	Thursdays	1.30pm-3.30pm		5
Introduction to mental health problems and disorders			15/11/18	
Mental Health, risk factors and resilience			22/11/18	
Effects of stigma and discrimination			29/11/18	
Challenging stigma and discrimination			6/12/18	
Preparing for accreditation			13/11/18	
Merthyr Tydfil – MATV Mind – Dowlais Community Centre, Station Road, CF48 3LP				
Coping with Life- Workshops I feel stressed I can't sleep I worry about everything I snap and shout I feel low I have panic attacks	Tuesdays	10am-12pm	11/09/18 18/09/18 25/09/18 02/10/18 09/10/18 16/10/18	6
Merthyr Tydfil – MATV Mind – Keir Hardie Health Park, Aberdare Road, CF48 1BZ				
Wellbeing and Resilience Taster Session	Friday	1.30pm-3.30pm	26/10/18	1
Coping with Life- Workshops Developing and building self-esteem	Fridays	1.30pm-3.30pm	2/11/18 To 30/11/18	5

Rhondda-MATV Mind – Soar Centre, 1 Cross Street, Tonypany, CF40 1JZ				
Stress Awareness Taster Session	Tuesday	1.30pm-3.30pm	23/10/18	1
Agored Accredited Confidence and Well-being	Tuesdays	1.30pm-3.30pm		5
Introduction to confidence and self-esteem			6/11/18	
Passive, aggressive and assertive behaviour types			13/11/18	
5 ways to well-being			27/11/18	
Resilience			4/12/18	
Preparing for accreditation			11/12/18	
Rhondda – New Horizons- Arts Factory, Trerhondda Chapel, The Strand, Ferndale CF43 4LY				
Knowing Myself L1	Tuesdays	12.30pm – 3.00pm	4/9/18	4
Assertiveness Skills L1	Tuesdays	12.30pm -3.00pm	2/10/18	2
Resilience Skills L1	Tuesdays	12.30pm – 3.00pm	16/10/18	2
Harm Reduction – Substance Misuse L2	Tuesdays	12.30pm – 3.00pm	6/11/18	4
Rhondda – New Horizons Valleys Kids, Penynglyn Project, 53 – 56 Corbett Street, Treherbert CF42 5ET				
Self Harm	Wednesdays	12.30pm – 2.30pm	12/9/18	4
Taf Ely – New Horizons – HAPI Newydd Housing, Trem-Y-Cwm, Maesfield Way, Rhydefelin CF37 5HQ				
Mental Health & Wellbeing L1	Thursdays	9.30am – 12.00pm	20/9/18	4
Self Advocacy L1	Thursdays	9.30am – 12.00pm	8/11/18	6

Merthyr and the Valleys Mind

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New Horizons Mental Health

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