

| Course and Venue | Day | Time | Start Date | Weeks |
|---|------------|------------------|--|-------|
| Cynon - New Horizons, 16 Dean Street, Aberdare, CF44 7BN | | | | |
| Confidence Building & Anger Management L1 | Wednesdays | 9.30am – 12.00pm | 23/1/19 | 5 |
| Mental Health & Wellbeing L1 (for Carers) | Mondays | 12.30pm – 3.00pm | 4/3/19 | 4 |
| Emotional Intelligence L1 | Wednesdays | 9.30am – 12.00pm | 6/3/19 | 6 |
| Cynon- MATV Mind- Feel Good Factory, Mountain Ash Rd, Abercynon, Mountain Ash CF45 4XZ | | | | |
| My Generation An 8 week programme for those over 50, to improve well-being. During the 8 sessions, you can learn about staying mentally well while enjoying activities with others. Activities vary can include things like arts and craft, talks and gentle exercises. | Mondays | 10am-12pm | 14/1/19 21/1/19 28/1/19 4/2/19 11/2/19 18/2/19 25/2/19 4/3/19 | 8 |
| Cynon- MATV Mind- Arts Factory, Trerhondda Chapel, The Strand, Ferndale CF43 4LY | | | | |
| Stress Management- Agored Accredited Helps to identify causes of stress and develop coping strategies | Tuesdays | 10am-12pm | 5/3/19 12/3/19 19/3/19 26/3/19 2/4/19 | 5 |
| Merthyr Tydfil – MATV Mind – Dowlais Community Centre, Station Rd, Dowlais, Merthyr Tydfil CF48 3LP | | | | |
| Stress Management- Agored Accredited Helps to identify causes of stress and develop coping strategies | Tuesdays | 10am-12pm | 15/1/19 22/1/19 29/1/19 5/2/19 12/2/19 | 5 |

| Rhondda – New Horizons- Arts Factory, Trerhondda Chapel, The Strand, Ferndale CF43 4LY | | | | |
|---|------------|------------------|---------|---|
| Improving Own Confidence L1 | Tuesdays | 12.30pm – 3.00pm | 15/1/19 | 6 |
| Understanding Autism & Autistic Spectrum Disorder L1 | Tuesdays | 12.30pm -3.00pm | 5/3/19 | 6 |
| Rhondda – New Horizons Penygraig Surgery, George Street, Penygraig CF40 1 QN | | | | |
| Managing Anxiety L1 | Wednesdays | 9.30am – 12.00pm | 6/3/19 | 6 |
| Taf Ely – New Horizons – HAPI Newydd Housing, Trem-Y-Cwm, Maesfield Way, Rhydefelin CF37 5HQ | | | | |
| Managing Anxiety L1 | Thursdays | 9.30am – 12.00pm | 17/1/19 | 6 |
| Understanding Autism & Autistic Spectrum Disorder L1 | Thursdays | 9.30am – 12.00pm | 7/3/19 | 6 |
| Bryncae Community Centre, Powell Drive, Bryncae, Llanharan CF72 9UU | | | | |
| Depression Busting | Mondays | 6.30pm – 8.30pm | 18/2/19 | 6 |
| Taf Ely – MATV Mind – 7 Park View, Llantrisant, Pontyclun CF72 8DL | | | | |
| Coping with Life Workshops | Thursdays | 10am-12pm | 21/2/19 | 6 |
| Developing and Building Self-esteem | | | 28/2/19 | |
| | | | 7/3/19 | |
| | | | 14/3/19 | |
| | | | 21/3/19 | |
| | | | 28/3/19 | |

Merthyr and the Valleys Mind

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New Horizons Mental Health

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