

Course and Venue	Day	Time	Start Date	Weeks
Cynon - New Horizons, 16 Dean Street, Aberdare, CF44 7BN				
Introduction to Stress Management L2	Wednesday	9.30am – 12.00pm	1/5/19	3
Mentoring Skills L2	Monday	9.30am – 12.00pm	3/6/19	6
Introduction to Popular Psychology L1	Wednesday	9.30am – 12.00pm	5/6/19	6
Cynon- MATV Mind- Cynon Valley Museum, Depot Road, Aberdare, CF44 8DL				
<p>My Generation</p> <p>An 8-week programme for those over 50, to improve well-being.</p> <p>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.</p>	Friday	2pm-4pm	12/04/19 26/04/19 03/05/19 10/05/19 17/05/19 24/05/19 31/05/19 07/06/19	8
Merthyr Tydfil – MATV Mind – Dowlais Community Centre, Station Road, CF48 3LP				
Agored Accredited Confidence & Well-being	Tuesday	10am-12pm	04/06/19 11/06/19 18/06/19 25/06/19	4

Rhondda-MATV Mind – Porth Plaza, Pontypridd Road, Porth, CF39 9PG				
Coping with Life Workshops Managing Depression Managing Anxiety Managing Stress	Tuesday	10am-12pm	07/05/19 14/05/19 21/05/19	3
Rhondda – New Horizons- Arts Factory, Trerhondda Chapel, The Strand, Ferndale CF43 4LY				
Introduction to Stress management L2	Tuesday	12.30pm – 3.00pm	30/4/19	3
Introduction to Popular Psychology	Tuesday	12.30pm – 3.00pm	4/6/19	6
Rhondda – New Horizons -Penygraig Surgery, George street, Penygraig, Tonypandy CF40 1QN				
Confidence Building L1 Anger Management L1	Wednesday	9.30am – 12.00pm	1/5/19	4
Taf Ely –MATV MIND- University of South Wales, Main Campus				
Coping with Life Workshops Managing Depression Managing Anxiety Managing Stress Managing Worry Please note, these sessions are open to students of USW only.	Wednesday	10am-12pm	01/05/19 08/05/19 15/05/19 22/05/19	4
Taf Ely -MATV Mind - St Catherine’s Church, Gelliwastad Grove, Pontypridd CF37 2BS.				
Agored Accredited Prepare to Care Level 2 This course is designed as an introduction for those considering a future career in the care industry.	Thursday	10am-12pm	02/05/19 09/05/19 16/05/19 23/05/19 06/06/19 13/06/19 20/06/19 27/06/19	8
Taf Ely – New Horizons- HAPI Newydd Housing, Trem-Y-Cwm, Maesfield Way, Rhydefelin, Pontypridd CF37 5HQ				
Knowing Myself L1	Thursday	9.30am – 12.00pm	2/5/19	4
Introduction to Popular Psychology L1	Thursdays	9.30am – 12.00pm	6/6/19	6

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