

Course and Venue	Day	Time	Start Date	Weeks
Cynon - New Horizons, 16 Dean Street, Aberdare, CF44 7BN				
Train the Trainer L2	Mondays	9.30am – 3.30pm	16/9/19	3
Introduction to Developmental Psychology L1	Wednesdays	9.30am – 12.00pm	18/9/19	6
Beliefs & Values L1	Mondays	9.30am – 12.00pm	4/11/19	4
Mental Health & Wellbeing L2	Wednesdays	9.30am – 12.00pm	6/11/19	4
Cynon- MATV Mind- Aberdare Central				
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. Interested? Contact Jayne Young on 01685 707480 for more information.	TBC	TBC	To commence end of August. Date TBC	8
Merthyr Tydfil – MATV Mind – Canolfan Soar, Pontmorlais, Merthyr Tydfil, CF47 8UB				
Coping with Life Workshops Anger Management	Friday	10am-12pm	08/11/19 15/11/19 22/11/19 29/11/19 06/12/19 13/12/19	6

Rhondda-MATV Mind – Capel Farm Resource Centre, Heol Tyllwyd, Tonyrefail, Porth, CF39 8AD				
Coping with Life Workshops I feel low I have panic attacks I feel stressed I can't sleep I worry about everything I snap and shout	Tuesday	10am-12pm	17/09/19 24/09.19 01/10/19 08/10/19 15/10/19 22/10/19	6

Rhondda – MATV MIND- Pontygwaith Primary School, Graig St, Pontygwaith, Ferndale CF43 3LY				
Agored Accredited Confidence and Well-being Introduction to confidence and self- esteem Passive Aggressive and assertive behaviour types 5 ways to well-being Resilience Please note, these sessions are open to parents of Pontygwaith Primary School only.	Thursday	9.30am-11.30am	26/09/19 03/10/19 10/10/19 17/10/19	4
Rhondda – New Horizons- Arts Factory, Trerhondda Chapel, The Strand, Ferndale CF43 4LY				
Managing Anxiety L1	Tuesdays	12.30pm – 3.00pm	17/9/19	6
Mental Health & Wellbeing L1	Tuesdays	12.30pm -3.00pm	5/11/19	4
Rhondda – New Horizons - Penygraig Surgery, George Street, Penygraig CF40 1 QN				
Managing Anxiety L1	Tuesdays	9.30am – 12.00pm	17/9/19	6
Mental Health & Wellbeing L1	Tuesdays	9.30am – 12.00pm	5/11/19	4
Taf Ely –MATV MIND- University of South Wales, Treforest Campus, CF37 1DL				
Coping with Life Workshops I feel low I have panic attacks I feel stressed I worry about everything Please note, these sessions are open to students of USW only.	Wednesday Tuesday	10am-12pm	16/10/19 22/10/19 05/11/19 12/11/19	4
Taf Ely – New Horizons – HAPI Newydd Housing, Trem-Y-Cwm, Maesfield Way, Rhydefelin CF37 5HQ				
Individual Differences & Abnormal Psychology L2	Thursdays	9.30am – 12.00pm	19/9/19	6
Taf Ely – New Horizons - Barod, Next Steps, 7 Gelliwastad Road, Ppontypridd CF37 2BP				
Managing Anxiety L1 Barod recipients only	Mondays	9.30am – 12.00pm	16/9/19	6
Knowing Myself L1 Barod recipients only	Mondays	9.30am – 12.00pm	4/11/19	4

Merthyr and the Valleys Mind
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New Horizons

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