



**Merthyr Tydfil Courses**

**Mindfulness**

**The High Street Baptist Church - Merthyr Tydfil**

135 High Street, Merthyr Tydfil, CF47 8DN

**Start date – Wednesday 20th June**

**Time- 1:00pm – 2:30pm**

Session 1 – 20/06/2018 Session 2 - 27/06/2018 Session 3 - 11/07/2018

Session 4 - 18/07/2018 Session 5 - 25/07/2018 Session 6 - 01/08/2018

* **Note: No session on the 4th July**

**Stress Control**

**Voluntary Action Merthyr Tydfil**

89-90 High Street, Pontmorlais, Merthyr Tydfil, CF47 8UH

**Start date - Wednesday 18th July**

**Time- 6:00pm -7:30pm**

Session 1 – 18/07/2018 Session 2 – 25/07/2018 Session 3 - 01/08/2018

Session 4 – 08/08/2018 Session 5 - 15/08/2018 Session 6 - 22/08/2018



**Cynon Valley Courses**

**Mindfulness**

**Abercynon Library - Abercynon**

Abercynon Library, Abercynon, Mountain Ash, CF45 4SU

**Start date – Tuesday 19th June**

**Time- 10:00am – 11:30am**

Session 1 – 19/06/2018 Session 2 - 26/06/2018 Session 3 - 03/07/2018

Session 4 - 10/07/2018 Session 5 - 24/07/2018 Session 6 - 31/07/2018

* **Note: No session on 17th July**

**Stress Control**

**Aberdare Community School - Aberdare**

Aberdare Community School, Aberdare, CF44 7RP

Entrance next to Sobell Leisure Centre

**Start date – Tuesday 19th June**

**Time- 6:00pm – 7:30pm**

Session 1 – 19/06/2018 Session 2 - 26/06/2018 Session 3 - 03/07/2018

Session 4 - 10/07/2018 Session 5 - 17/07/2018 Session 6 - 24/07/2018

**Mindfulness**

**Darrenlas - Mountain Ash**

Darrenlas Community Building, (former Cynon Infants School), Aberdare Road, Mountain Ash, CF45 3PT

**Start date - Wednesday 18th July**

**Time- 6:00pm -7:30pm**

Session 1 – 18/07/2018 Session 2 – 25/07/2018 Session 3 - 01/08/2018

Session 4 – 08/08/2018 Session 5 - 15/08/2018 Session 6 - 22/08/2018

**Mindfulness**

**Green Street Methodist Church - Aberdare**

Green Street Methodist Church, High Street, Aberdare, CF44 7AA

**Start date - Thursday 19th July**

**Time- 10:00am-11:30am**

Session 1 – 19/07/2018 Session 2 – 26/07/2018 Session 3 - 09/08/2018

Session 4 – 16/08/2018 Session 5 - 23/08/2018 Session 6 - 30/08/2018

* **Note: No session on 2nd August**



**Taff Ely Region Courses**

**Mindfulness**

**Talbot Green**

Talbot Green Community Centre, 93 Clos Springfield, Talbot Green, Pontyclun, CF72 8FE

**Start date – Tuesday 19th June**

**Time- 6:00 pm -7.30pm**

Session 1 – 19/06/2018 Session 2 - 26/06/2018 Session 3 - 03/07/2018

Session 4 - 10/07/2018 Session 5 - 17/07/2018 Session 6 - 24/07/2018

**Mindfulness**

**Ynysangharad War Memorial Park, Bowls Pavilion, near Taff Street entrance**.

8 Ceridwen Terrace, Pontypridd CF37 4PD

**Start date - Friday 22nd June**

**Time- 10:00am-11:30am**

Session 1 – 22/06/2018 Session 2 – 29/06/2018 Session 3 - 06/07/2018

Session 4 – 13/07/2018 Session 5 - 20/07/2018 Session 6 - 27/07/2018

**Mindfulness**

**St Dyfrigs Church Hall - Treforest**

Broadway, Treforest, CF37 1DB

**Start date - Thursday 19th July**

**Time- 6:00 pm - 7.30pm**

Session 1 – 19/07/2018 Session 2 – 26/07/2018 Session 3 - 02/08/2018

Session 4 – 09/08/2018 Session 5 - 16/08/2018 Session 6 - 23/08/2018



**Rhondda Valleys Courses**

**Stress Control**

**Llwynypia - Coleg Y Cymoedd**

Business and Arts Building, Coleg y Cymoedd, Llwynypia, CF40 2TQ

**Start date - Monday 2nd July**

**Time- 6:00 pm -7.30pm**

Session 1 – 02/07/2018 Session 2 - 09/07/2018 Session 3 -16/07/2018

Session 4 - 23/06/18 Session 5 - 30/07/2018 Session 6 - 06/08/2018

**Stress Control**

**Porth Library**

Porth Library, Porth Plaza, Pontypridd Road, Porth, CF39 9PG

**Start date – Friday 20th July**

**Time- 10:00am-11:30am**

Session 1 – 20/07/2018 Session 2 – 27/07/2018 Session 3 - 03/08/2018

Session 4 – 10/08/2018 Session 5 - 17/08/2018 Session 6 - 24/08/2018