**Recovery College Timetable- Winter 2020**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Course and Venue** | **Day** | **Time** | **Start Date** | **Weeks** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Taf Ely –MATV Mind – Football Pavilion, Ynysangharad Park, Pontypridd** | | | | |
| **Coping with Life Workshops**  I feel low  I have panic attacks  I can’t sleep  I worry about everything  I snap and shout | Tuesday | 10am-12pm | 03/03/20  10/03/20  17/03/20  24/03/20  31/03/20 | 5 |

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