**Recovery College Timetable- Winter 2020**

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

|  |
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| **Taf Ely –MATV Mind – Football Pavilion, Ynysangharad Park, Pontypridd** |
|  **Coping with Life Workshops**I feel lowI have panic attacksI can’t sleepI worry about everythingI snap and shout  | Tuesday | 10am-12pm | 03/03/2010/03/2017/03/2024/03/2031/03/20 | 5 |

**Merthyr and the Valleys Mind**

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