

**Recovery College Timetable – Winter 2019**

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| **Course and Venue** | **Day** | **Time** | **Start Date** | **Weeks** |
| **Cynon - New Horizons, 16 Dean Street, Aberdare, CF44 7BN** |
| Introduction to Sign Language L1 | Mondays | 9.30am-12pm | 14/1/19 | 6 |
| Understanding Autism & Autistic Spectrum Disorder L1 | Wednesdays | 9.30am – 12.00pm | 16/1/19 | 6 |
| Mental Health & Wellbeing L1 ( for Carers) | Mondays | 12.30pm – 3.00pm | 4/3/19 | 4 |
| Emotional Intelligence L1 | Wednesdays | 9.30am – 12.00pm | 6/3/19 | 6 |
| **Cynon- MATV Mind- Feel Good Factory, Mountain Ash Rd, Abercynon, Mountain Ash CF45 4XZ** |
| My GenerationAn 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.  | Mondays  | 10am-12pm | 14/1/1921/1/1928/1/194/2/1911/2/1918/2/1925/2/194/3/19 | 8 |
| **Cynon- MATV Mind- Arts Factory, Trerhondda Chapel, The Strand, Ferndale CF43 4LY** |
| Stress Management-Agored Accredited Helps to identify causes of stress and develop coping strategies  | Tuesdays | 10am-12pm | 5/3/1912/3/1919/3/1926/3/192/4/19 | 5 |
|  **Merthyr Tydfil –**  **MATV Mind – Dowlais Community Centre, Station Rd, Dowlais, Merthyr Tydfil CF48 3LP** |
|  Stress Management-Agored Accredited Helps to identify causes of stress and develop coping strategies  | Tuesdays  | 10am-12pm | 15/1/1922/1/1929/1/195/2/1912/2/19 | 5 |

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| **Rhondda – New Horizons-**  **Arts Factory, Trerhondda Chapel, The Strand, Ferndale CF43 4LY**  |
| Improving Own Confidence L1 | Tuesdays | 12.30pm – 3.00pm | 15/1/19 | 6 |
| Understanding Autism & Autistic Spectrum Disorder L1 | Tuesdays  | 12.30pm -3.00pm | 5/3/19 | 6 |
| **Rhondda – New Horizons Penygraig Surgery, George Street, Penygraig CF40 1 QN** |
| Managing Anxiety L1 | Wednesdays | 9.30am – 12.00pm | 6/3/19 | 6 |
| **Taf Ely – New Horizons – HAPI** **Newydd Housing, Trem-Y-Cwm, Maesfield Way, Rhydefelin CF37 5HQ** |
| Managing Anxiety L1 | Thursdays | 9.30am – 12.00pm | 17/1/19 | 6 |
| Understanding Autism & Autistic Spectrum Disorder L1 | Thursdays | 9.30am – 12.00pm | 7/3/19 | 6 |
| **Bryncae Community Centre, Powell Drive, Bryncae, Llanharan CF72 9UU** |
| Depression Busting | Mondays | 6.30pm – 8.30pm | 18/2/19 | 6 |
| **Taf Ely – MATV Mind – 7 Park View, Llantrisant, Pontyclun CF72 8DL** |
| Coping with Life WorkshopsDeveloping and Building Self-esteem | Thursdays | 10am-12pm | 21/2/1928/2/197/3/1914/3/1921/3/1928/3/19 | 6 |

**New Horizons Mental Health**

16 Dean Street,

Aberdare,

CF44 7BN

01685 881113

info@newhorizonsmentalhealth.co.uk

www.newhorizons-mentalhealth.co.uk

**Merthyr and the Valleys Mind**

115 High Street,

Merthyr Tydfil,

CF47 8AP

01685 707480 /707486

www.matvmind.org.uk

Training@matvmind.org.uk