

**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 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. | Mondays | 10am-12pm | 14/1/19  21/1/19  28/1/19  4/2/19  11/2/19  18/2/19  25/2/19  4/3/19 | 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 | 5/3/19  12/3/19  19/3/19  26/3/19  2/4/19 | 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 | 15/1/19  22/1/19  29/1/19  5/2/19  12/2/19 | 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 Workshops  Developing and Building Self-esteem | Thursdays | 10am-12pm | 21/2/19  28/2/19  7/3/19  14/3/19  21/3/19  28/3/19 | 6 |

**New Horizons Mental Health**

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