

**Cwm Taf Morgannwg**

**Recovery College Timetable- Autumn 2020**

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| --- | --- | --- | --- | --- |
| **Course and Venue** | **Day** | **Time** | **Start Date** | **Weeks** |
|  **CTM Mind- Online Courses/Workshops (Delivered on Zoom)** |
| Confidence Building (Agored Accredited) (14 Places) | Thursdays | 10.30am-12pm | 07/01/21 | 4 |
| Understanding and Managing Depression(14 Places) | Thursday | 1pm-2.30pm | 07/01/21 | 1 |
| Mood and Food(14 Spaces) | Friday | 10.30am-12pm | 08/01/21 | 1 |
| Mental Health Awareness(Agored Accredited) (14 Places) | Fridays | 1pm-2.30pm | 08/01/21 | 4 |
| Manging Anger (14 Places) | Thursday | 1pm-2.30pm | 14/01/21 | 1 |
| Sleep Workshop(14 Places) | Friday | 10.30am-12pm | 15/01/21 | 1 |
| Understanding and Managing Anxiety(14 Places) | Thursday | 1pm-2.30pm | 21/01/21 | 1 |
| 5 Ways to Wellbeing(14 Places) | Friday | 10.30am-12pm | 22/01/21 | 1 |
| Managing Covid Related Anxiety(14 Places) | Thursday | 1pm-2.30pm | 28/01/21 | 1 |
| Wellbeing and Resilience(14 Places) | Friday | 10.30am-12pm | 29/01/21 | 1 |
| Mood and Food (14 Places) | Thursday | 10.30am-12pm | 04/02/21 | 1 |
| **New Horizons – Online Courses (Using Moodle & Microsoft Teams)** |
| Managing Anxiety(14 Places) | Tuesdays | 1.00pm – 3.00pm | 12/1/21 | 7 |
| Stress Management (14 Places) | Tuesdays | 6.00pm – 8.00pm | 12/1/21 | 5 |
| Anger Management (14 Places) | Wednesdays | 10.00am – 12.30pm | 13/1/21 | 7 |
|  Resilience Skills (14 Places) | Tuesdays | 9.30am – 12.00pm | 23/2/21 | 3 |
| Mental Health & Wellbeing (14 Places) | Tuesdays | 12.30pm – 3.00pm | 23/2/21 | 5 |
| Managing Anxiety(14 Places) | Tuesdays | 6.00pm – 8.00pm | 23/2/21 | 7 |
| Managing Anxiety (14 Places) | Wednesdays | 10.00am – 12.30pm | 3/3/21 | 7 |

**New Horizons**

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