



Addysg
Oedolion
Cymru

Adult
Learning
Wales



MENTAL HEALTH
MATTERS WALES

'Emotional Intelligence'

A free 4 week course open to all: no previous experience is needed and there are no formal entry requirements

'The ability to understand and manage your own emotions and those of the people around you'

This Agored Cymru course will help you:

- Understand emotions and their effects on yourself and others
- Know what is meant by emotional intelligence and why it is important for health and wellbeing
- Improve your own emotional intelligence

Tuesdays 10.00-12.30

January 21st & 28th, February 4th & 11th

MHMW | Union Offices | Quarella Rd | Bridgend | CF31 1JW

To register and for further information please contact:
community@mhmwales.org 01656 767045 / 651450

www.mhmwales.org.uk

Registered Charity Number: 1123842

Company Number: 6468412