



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

September 17th & 24th, October 1st & 8th

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

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