

Mental Health Matters Wales Wellbeing Services and Activities

**August
2022**

Day	Activities	Location	Contact to Register
Mon	11am - 12pm: Anxiety & Depression Support 1pm - 2:30pm: Breathing Space with Tanio 4pm - 5pm: CTM Self Harm support 5:30pm - 6:30pm: SHARE Parents & Carers (8 th Aug)	Online on ZOOM. (Bridgend County Only) MHM Wales, Quarella Rd. Online on ZOOM. Online on ZOOM	community@mhmwales.org community@mhmwales.org share@mhmwales.org share@mhmwales.org
Tue	11am - 1pm: Wellbeing Hub 2pm - 3pm Anxiety & Depression Support 6pm - 7pm: SORTED Eating Disorder Support	Wyndham Boys & Girls Club, Ogmere Vale MHM Wales, Quarella Rd. (Bridgend County Only) Online on ZOOM.	community@mhmwales.org community@mhmwales.org sorted@mhmwales.org
Wed	11am - 1pm: Wellbeing Walks 10am - 2pm: Conservation (Bi-Monthly) 3:30 - 5pm: SHARE Self Harm Support	Various Locations. Various Locations Online on Zoom.	community@mhmwales.org community@mhmwales.org share@mhmwales.org
Thu	12:30pm - 2:30pm: Wellbeing Hub 6pm - 7pm: SORTED Eating Disorder Support	Y-Centre, John Street, Porthcawl Online on ZOOM	community@mhmwales.org sorted@mhmwales.org
Fri	10:30am - 12pm: Anxiety & Depression 'Moving On' 11am - 12:30pm: Art Matters 1:30pm - 3pm: Art Matters	MHM Wales, Quarella Rd. MHM Wales, Quarella Rd. MHM Wales, Quarella Rd.	community@mhmwales.org community@mhmwales.org community@mhmwales.org
Sun	12:30pm - 4:30pm: Links (support for 16-25 yr olds)	MHM Wales, Quarella Rd.	links@mhmwales.org