



Guitars for Veterans

Can't play a guitar but always wanted to learn?

Served at least one day in military service?

Looking to improve mental/emotional health?

This programme is for you!

We will give you

- Loan of an acoustic guitar during the programme
- 24 free professional lessons within a group of fellow veterans
- A brand new acoustic guitar when you complete the programme
- Weekly support at our group sessions

'There is clear evidence that playing the guitar helps the healing process for veterans struggling with physical injuries, PTSD and other emotional distress'



Mondays 11.00-12.00

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

To register and for further information please contact:

community@mhmwales.org 01656 767045 / 651450