



Creative Art Sessions

Free

Every Tuesday 2pm-4pm

63 Nolton Street
Bridgend
CF31 3AE

To find out more contact Michelle or Maria on 0300 10 249 70 or
bdh@mhmwales.org

Come Join Us

Our Arts and craft activities focus upon maintaining an existing or creating a new sense of identity and purpose. Providing a safe, friendly and adaptable community network of support using evidence-based approaches:

- Validation
- Creativity
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise



Ariennir gan
Lywodraeth Cymru
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