



# SHARE

Self-Harm Awareness Recovery and Education

**You don't need to break the cycle of self-harm alone.**

SHARE provides a place for free self-expression, open and frank discussion about self-harm, and a supportive and friendly environment in which to explore alternative coping strategies and techniques to reduce reliance of self-harm.

**We welcome anyone aged 16 and over**

**Join us on the following days**

January 14th 1:30 - 3pm

February 25th 1:30 - 3pm

January 28th 1:30 - 3pm

March 10th 1:30 - 3pm

February 11th 1:30 - 3pm

March 24th 1:30 - 3pm

at

**New Horizons, 16 Dean Street,  
Aberdare, CF44 7BN**

**For more information call SHARE on (01656) 651 450  
or email [share@mhmwales.org](mailto:share@mhmwales.org)**



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WALES**

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**NEW HORIZONS  
MENTAL HEALTH**  
*Patron Boyd Clack*