



**MENTAL HEALTH
MATTERS WALES**

Wellbeing Hubs

Ogmore Vale

Tuesdays 11.00-1.00

**Wyndham Boys & Girls Club
14-16 Dunraven Place, Ogmore Vale
CF32 7ET**

Bridgend

**Alternate Tuesdays 2.00-4.00
See monthly activity sheet for details**

**MHM Wales Union Offices
Quarella Road, Bridgend
CF31 1JW**

Blaengarw

**Alternate Tuesdays 1.30-3.30
See monthly activity sheet for details**

**William Trigg Community Centre
Nanthir Road, Blaengarw
CF32 8AQ**

Porthcawl

**Alternate Thursdays 12.30-2.30
See monthly activity sheet for details**

**YMCA
25 John Street, Porthcawl
CF36 3AP**

Bridgend

Fridays 10.00-2.00

**MHM Wales Union Offices
Quarella Road, Bridgend
CF31 1JW**

**For more information
email: community@mhmwales.org / call 01656 767045**