

2 day self management workshop

for people living with a long-term mental health diagnosis

Would you like to...

Meet other people who have similar experiences to you?

Learn goal setting and problem solving skills?

Improve your self confidence?

***Be able to join a peer-support group run
by people with mental health issues?***

Date: 26th & 27th April 2010

**Venue: Bessemer Hotel,
Hermon Close, Dowlais,
Merthyr Tydfil, CF48 3DP**

Followed by 6 half day sessions and peer support group meetings.

***To book a place or to find out more about attending
the workshop contact Jane or Catherine on:***

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