

WINTER/SPRING TRAINING 2024

Mums Matter courses

Free creche available

Fridays 10am - 12pm starting 12th January 2024

8 weeks at British Legion, Presteigne

Tuesdays 1pm - 3pm starting 16th January 2024

8 weeks at Yr Plas, Machynlleth

Tuesdays 6pm - 7.30pm starting 6th February 2024

8 weeks Online, on Zoom

Food and Mood

Workshops

Find out the links between food and mood, why we are what we eat and how our diets can have a huge impact on our mental health and wellbeing.

Online on Zoom with Laura

Monday 15th April at 11am

Tuesday 30th April at 7pm

Tai Chi Every Monday (except bank hols) 5.30pm - 7pm
at Celf, Llandrindod Wells LD1 5EB

Stress and Anxiety Management	Mondays 12pm - 1.30pm	15th January 22nd January	Training Room, Llandod with Tracy & Janet
Confidence Building	Wednesdays 9.30am - 11am	31st January 7th February	Hope Church, Newtown with Tracy & Betty
Assertiveness Skills	Thursdays 1pm - 2.30pm	1st February 8th February	Hope Church, Newtown with Tracy & Betty
Coping with Exam Stress	Mon & Weds 5pm - 7pm	5th February 7th February	Online on Zoom with Lorna & Claire
Building Self-Worth	Mondays 5pm - 7pm	3 weeks starting 26th February	Newtown Library with Tracy & Betty
Coping with Frustration	Wednesdays 10.30am- 12pm	6th March 13th March	Online on Zoom with Tracy & Janet
Breaking Unhelpful Thinking Patterns	Tuesdays 7pm - 8pm	9th April 16th April	Online on Zoom with John-Paul

Booking Essential

Contact Mid & North Powys Mind on:

Tel: 01597 824411 Email: admin@mnpmind.org.uk

Registered Charity Number: 1167840



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Llywodraeth y DU



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