

# SPRING/SUMMER TRAINING 2024

## Mums Matter courses

Free creche available

**Fridays 10am - 12pm starting 10th May 2024**

**8 weeks at Hope Church, Newtown**

**Tuesdays 10am - 12pm starting 28th May 2024**

**8 weeks at YFC Building, Showground, Builth**

**Fridays 10.30am - 12.30pm starting 9th August 2024**

**8 weeks at Integrated Family Centre, Welshpool**

## Tai Chi

Every Monday  
(except bank hols)

5.30pm - 7pm  
at

Celf, Llandrindod  
Wells LD1 5EB

Positive Thinking	1.30 - 3.30pm Online on Zoom with Tracy & Lorna	Thursday 23rd May
Coping with the cost of living crisis	1pm - 3pm Online on Zoom with Janet & Betty	Thursday 30th May Thursday 6th June
Supporting Parents/Carers with youth & child wellbeing	6 - 8.30pm Training Room, Llandrindod with Lorna and Lynda	Tuesdays 4th, 11th, 18th & 25th June
Stress and Anxiety Management	10am - 12.30pm in Llandrindod OR 2.00 - 4.30pm at Plas Dolerw, Newtown with Janet & Tracy	Monday 10th June Monday 17th June
Navigating Narcissism	10am - 12pm online on Zoom with Tracy & Betty	Weds 5th June Weds 12th June Weds 19th June
Understanding Neurodiversity (in adults and children)	10am - 12pm online on Zoom with Tracy & Betty	Weds 26th June Wed 3rd July
Managing Frustration	10am-12pm Training Room, Llandrindod OR 2pm - 4pm Integrated Family Centre, Welshpool with Tracy & Janet	Weds 10th July Weds 17th July

## Booking Essential

Contact Mid & North Powys Mind on:

Tel: 01597 824411

Email: [admin@mnpmind.org.uk](mailto:admin@mnpmind.org.uk)

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UP**

