



Free Courses for Carers of those with Dementia & Cognitive Impairment in Merthyr Tydfil

Online Stress Management Course – Starting Thursday 21st January 5 Weeks Time: 1.00pm – 3.00pm

Online Mental Health & Wellbeing Course – Starting Thursday 25th February 5 Weeks Time: 1.00pm, - 3.00pm

(14 Places available on each course)

The course is run in partnership with Mental Health Matters, New Horizons Mental Health and Adult Learning Wales

Courses are delivered online with Microsoft Teams live sessions with tutor and work sheets on moodle. You will be sent an email to complete a form and then will be sent your own email to access Microsoft teams, where the tutor will send an invite to join the sessions.

To enrol on the course please send your name and email to:

tracy.thomas@newhorizons-mentalhealth.co.uk or telephone 01685 881113

New Horizons - Charity No: 1153115

Mental Health Matters Charity No: 1123842