

Valleys Steps
Camau'r Cymoedd



COURSE DATES

JUNE - AUGUST

2018



Free open access Mindfulness and Stress Control courses
For more information give us a call or visit our website:

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Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board





Courses starting the week beginning 18th June

Mindfulness

Abercynon Library - Abercynon

Abercynon Library, Abercynon, Mountain Ash, CF45 4SU

Start date – Tuesday 19th June

Time- 10:00am – 11:30am

Session 1 – 19/06/2018

Session 2 - 26/06/2018

Session 3 - 03/07/2018

Session 4 - 10/07/2018

Session 5 - 24/07/2018

Session 6 - 31/07/2018

- **Note: No session on 17th July**

Stress Control

Aberdare Community School - Aberdare

Aberdare Community School, Aberdare, CF44 7RP

Entrance next to Sobell Leisure Centre

Start date – Tuesday 19th June

Time- 6:00pm – 7:30pm

Session 1 – 19/06/2018

Session 2 - 26/06/2018

Session 3 - 03/07/2018

Session 4 - 10/07/2018

Session 5 - 17/07/2018

Session 6 - 24/07/2018

Mindfulness

Talbot Green

Talbot Green Community Centre, 93 Clos Springfield, Talbot Green, Pontyclun, CF72 8FE

Start date – Tuesday 19th June

Time- 6:00 pm -7.30pm

Session 1 – 19/06/2018

Session 2 - 26/06/2018

Session 3 - 03/07/2018

Session 4 - 10/07/2018

Session 5 - 17/07/2018

Session 6 - 24/07/2018

Mindfulness

The High Street Baptist Church - Merthyr Tydfil

135 High Street, Merthyr Tydfil, CF47 8DN

Start date – Wednesday 20th June

Time- 1:00pm – 2:30pm

Session 1 – 20/06/2018 Session 2 - 27/06/2018 Session 3 - 11/07/2018

Session 4 - 18/07/2018 Session 5 - 25/07/2018 Session 6 - 01/08/2018

- **Note: No session on the 4th July**

Mindfulness

Ynysangharad War Memorial Park, Bowls Pavilion, near Taff Street entrance.

8 Ceridwen Terrace, Pontypridd CF37 4PD

Start date - Friday 22nd June

Time- 10:00am-11:30am

Session 1 – 22/06/2018 Session 2 – 29/06/2018 Session 3 - 06/07/2018

Session 4 – 13/07/2018 Session 5 - 20/07/2018 Session 6 - 27/07/2018

Courses starting the week beginning 2nd July

Stress Control

Llwynypia - Coleg Y Cymoedd

Business and Arts Building, Coleg y Cymoedd, Llwynypia, CF40 2TQ

Start date - Monday 2nd July

Time- 6:00 pm -7.30pm

Session 1 – 02/07/2018 Session 2 - 09/07/2018 Session 3 -16/07/2018

Session 4 - 23/06/18 Session 5 - 30/07/2018 Session 6 - 06/08/2018



Courses starting the week beginning 16th July

Mindfulness

Darrenlas - Mountain Ash

Darrenlas Community Building, (former Cynon Infants School), Aberdare Road, Mountain Ash, CF45 3PT

Start date - Wednesday 18th July

Time- 6:00pm -7:30pm

Session 1 – 18/07/2018	Session 2 – 25/07/2018	Session 3 - 01/08/2018
Session 4 – 08/08/2018	Session 5 - 15/08/2018	Session 6 - 22/08/2018

Stress Control

Voluntary Action Merthyr Tydfil

89-90 High Street, Pontmorlais, Merthyr Tydfil, CF47 8UH

Start date - Wednesday 18th July

Time- 6:00pm -7:30pm

Session 1 – 18/07/2018	Session 2 – 25/07/2018	Session 3 - 01/08/2018
Session 4 – 08/08/2018	Session 5 - 15/08/2018	Session 6 - 22/08/2018

Mindfulness

Green Street Methodist Church - Aberdare

Green Street Methodist Church, High Street, Aberdare, CF44 7AA

Start date - Thursday 19th July

Time- 10:00am-11:30am

Session 1 – 19/07/2018	Session 2 – 26/07/2018	Session 3 - 09/08/2018
Session 4 – 16/08/2018	Session 5 - 23/08/2018	Session 6 - 30/08/2018

- **Note: No session on 2nd August**

Mindfulness

St Dyfrigs Church Hall - Treforest

Broadway, Treforest, CF37 1DB

Start date - Thursday 19th July

Time- 6:00 pm - 7.30pm

Session 1 – 19/07/2018

Session 2 – 26/07/2018

Session 3 - 02/08/2018

Session 4 – 09/08/2018

Session 5 - 16/08/2018

Session 6 - 23/08/2018

Stress Control

Porth Library

Porth Library, Porth Plaza, Pontypridd Road, Porth, CF39 9PG

Start date – Friday 20th July

Time- 10:00am-11:30am

Session 1 – 20/07/2018

Session 2 – 27/07/2018

Session 3 - 03/08/2018

Session 4 – 10/08/2018

Session 5 - 17/08/2018

Session 6 - 24/08/2018