

Weekly courses- Week Beginning 7th January – Daytime Courses

Stress Control

Canolfan Pentre - Pentre

Canolfan Pentre, Llewellyn Street, Pentre, CF41 7BS

Start date – Tuesday 8th January

Time- 1:00-2:30 pm

Session 1 – 08/01/2019	Session 2 - 15/01/2019	Session 3 - 22/01/2019
Session 4 – 29/01/2019	Session 5 - 05/02/2019	Session 6 - 12/02/2019

Mindfulness

Acts Community Church - Tylorstown

East Road, Tylorstown, Ferndale, CF43 3DA

Start date – Wednesday 9th January

Time- 10:00-11:30 am

Session 1 – 09/01/2019	Session 2 - 16/01/2019	Session 3 - 23/01/2019
Session 4 – 30/01/2019	Session 5 - 06/02/2019	Session 6 - 13/02/2019

Mindfulness

Green Street Methodist Church - Aberdare

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

Start date - Thursday 10th January

Time- 10:00-11:30 am

Session 1 – 10/01/2019	Session 2 - 17/01/2019	Session 3 - 24/01/2019
Session 4 – 31/01/2019	Session 5 - 07/02/2019	Session 6 - 14/02/2019

Stress Control**Abercynon Library**

Abercynon Library, Abercynon, Mountain Ash, CF45 4SU

Start date – Thursday 10th January

Time- 10:00-11:30 am

Session 1 – 10/01/2019	Session 2 - 17/01/2019	Session 3 - 24/01/2019
Session 4 – 31/01/2019	Session 5 - 07/02/2019	Session 6 - 14/02/2019

Stress Control**Hirwaun Library**

73 High Street, Hirwaun, CF44 9SW

Start date - Thursday 10th January

Time- 1:00-2:30pm

Session 1 – 10/01/2019	Session 2 - 17/01/2019	Session 3 - 24/01/2019
Session 4 – 31/01/2019	Session 5 - 07/02/2019	Session 6 - 14/02/2019

Weekly courses- Week beginning 7th January - Evening courses**Mindfulness****Coleg y Cymoedd Rhondda Campus - Llwynypia**

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

Start date - Monday 7th January

Time- 6:00 - 7.30pm

Session 1 – 07/01/19	Session 2 – 14/01/19	Session 3 - 21/02/19
Session 4 – 28/01/19	Session 5 - 04/02/19	Session 6 - 11/02/19

Mindfulness**Talbot Green Community Centre**

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

Start date - Tuesday 8th January

Time- 6:00 - 7.30pm

Session 1 – 08/01/2019	Session 2 - 15/01/2019	Session 3 - 22/01/2019
Session 4 – 29/01/2019	Session 5 - 05/02/2019	Session 6 - 12/02/2019

Weekly courses- Week Beginning 14th January - Evening courses**Mindfulness****Hope Church - Merthyr Tydfil**

Hope Church, High St, Merthyr Tydfil, CF47 8UG

Start date - Monday 14th January

Time- 6:00-7:30 pm

Session 1 – 14/01/2019	Session 2 - 21/01/2019	Session 3 - 28/01/2019
Session 4 – 04/02/2019	Session 5 - 11/02/2019	Session 6 - 18/02/2019

Weekly courses- Week Beginning 21st January - Daytime courses**Stress Control****Dowlais Library**

Dowlais Library, Church Street, Merthyr Tydfil, CF48 3HS

Start date – Monday 21st January

Time- 1:00 – 2:30 pm

Session 1 - 21/01/19	Session 2 - 28/01/19	Session 3 - 04/02/19
Session 4 - 11/02/19	Session 5 - 18/02/19	Session 6 - 25/02/19

Mindfulness**Porth Library**

Porth Library, Porth Plaza, 42 Pontypridd Rd, Porth, CF39 9PF

Start date - Friday 25th January

Time- 10:00-11:30 am

Session 1 - 25/01/19	Session 2 - 01/02/19	Session 3 - 08/02/19
Session 4 - 15/02/19	Session 5 - 22/02/19	Session 6 - 29/02/19

Mindfulness**Pontypridd Museum**

Pontypridd Museum, Bridge St, Pontypridd, CF37 4PE

Start date - Friday 25th January

Time- 1:00-2:30 pm

Session 1 - 25/01/19	Session 2 - 01/02/19	Session 3 - 08/02/19
Session 4 - 15/02/19	Session 5 - 22/02/19	Session 6 - 01/03/19

Weekly courses- Week Beginning 21st January - Evening courses**Stress Control****Darren Las - Mountain Ash**

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

Start date – Wednesday 23rd January

Time- 6:00 - 7:30 pm

Session 1 - 23/01/19	Session 2 - 30/01/19	Session 3 - 06/02/19
Session 4 - 13/02/19	Session 5 - 20/02/19	Session 6 - 27/02/19

Stress Control**St Dyfrig's Church Hall - Treforest**

Broadway (near Domino's pizza), Treforest, CF37 1DB

Start date - Thursday 24th January

Time- 6:00 - 7.30pm

Session 1 - 24/01/19

Session 2 - 31/01/19

Session 3 - 07/02/19

Session 4 - 14/02/19

Session 5 - 21/02/19

Session 6 - 28/02/19

Weekly courses- Week Beginning 18th February - Daytime courses**Mindfulness****Canolfan Pentre - Pentre**

Canolfan Pentre, Llewellyn Street, Pentre, CF41 7BS

Start date – Tuesday 19th February

Time- 1:00-2:30 pm

Session 1 – 19/02/2019

Session 2 - 26/02/2019

Session 3 - 05/03/2019

Session 4 – 12/03/2019

Session 5 - 19/03/2019

Session 6 - 26/03/2019

Stress Control**Acts Community Church - Tylorstown**

East Road, Tylorstown, Ferndale, CF43 3DA

Start date – Wednesday 20th February

Time- 10:00-11:30 am

Session 1 – 20/02/2019

Session 2 - 27/02/2019

Session 3 - 06/03/2019

Session 4 – 13/03/2019

Session 5 - 20/03/2019

Session 6 - 27/03/2019

Mindfulness**Abercynon Library**

Abercynon Library, Abercynon, Mountain Ash, CF45 4SU

Start date – Thursday 21st February

Time- 10:00-11:30 am

Session 1 – 21/02/2019	Session 2 - 28/02/2019	Session 3 - 07/03/2019
Session 4 – 14/03/2019	Session 5 - 21/03/2019	Session 6 - 28/03/2019

Mindfulness**Hirwaun Library**

73 High Street, Hirwaun, CF44 9SW

Start date - Thursday 21st February**Time- 1:00-2:30pm**

Session 1 – 21/02/2019	Session 2 - 28/02/2019	Session 3 - 07/03/2019
Session 4 – 14/03/2019	Session 5 - 21/03/2019	Session 6 - 28/03/2019

Weekly courses- Week Beginning 18th February - Evening courses**Stress Control****Coleg y Cymoedd Rhondda Campus - Llwynypia**

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

Start date - Monday 18th February**Time- 6:00 - 7.30 pm**

Session 1 – 18/02/2019	Session 2 - 25/02/2019	Session 3 - 04/03/2019
Session 4 – 11/03/2019	Session 5 - 18/03/2019	Session 6 - 25/03/2019

Mindfulness**Talbot Green Community Centre**

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

Start date – Tuesday 19th February**Time- 6:00 - 7.30pm**

Session 1 – 19/02/2019	Session 2 - 26/02/2019	Session 3 - 05/03/2019
Session 4 – 12/03/2019	Session 5 - 19/03/2019	Session 6 - 26/03/2019

Weekly courses- Week Beginning 4th March - Daytime courses

Mindfulness

Dowlais Library

Dowlais Library, Church Street, Merthyr Tydfil, CF48 3HS

Start date – Monday 4th March

Time- 1:00 – 2:30 pm

Session 1 - 04/03/19	Session 2 - 11/03/19	Session 3 - 18/03/19
Session 4 - 25/03/19	Session 5 - 01/04/19	Session 6 - 08/04/19

Stress Control

Green Street Methodist Church - Aberdare

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

Start date - Thursday 7th March

Time- 10:00 - 11:30 am

Session 1 - 07/03/19	Session 2 - 14/03/19	Session 3 - 21/03/19
Session 4 - 28/03/19	Session 5 - 04/04/19	Session 6 - 11/04/19

Stress Control

Porth Library

Porth Library, Porth Plaza, 42 Pontypridd Rd, Porth, CF39 9PF

Start date - Friday 8th March

Time- 10:00-11:30 am

Session 1 - 08/03/19	Session 2 - 15/03/19	Session 3 - 22/03/19
Session 4 - 29/03/19	Session 5 - 05/04/19	Session 6 - 12/04/19

Stress Control**Pontypridd Museum**

Pontypridd Museum, Bridge St, Pontypridd, CF37 4PE

Start date - Friday 8th March

Time- 1:00-2:30 pm

Session 1 - 08/03/19

Session 2 - 15/03/19

Session 3 - 22/03/19

Session 4 - 29/03/19

Session 5 - 05/04/19

Session 6 - 12/04/19

Weekly courses- Week Beginning 4th March - Evening courses**Stress Control****Hope Church - Merthyr Tydfil**

Hope Church, High St, Merthyr Tydfil, CF47 8UG

Start date - Monday 4th March

Time- 6:00 - 7:30pm

Session 1 - 04/03/19

Session 2 - 11/03/19

Session 3 - 18/03/19

Session 4 - 25/03/19

Session 5 - 01/04/19

Session 6 - 08/04/19

Mindfulness**Darren Las - Mountain Ash**

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

Start date – Wednesday 6th March

Time- 6:00 - 7:30 pm

Session 1 - 06/03/19

Session 2 - 13/03/19

Session 3 - 20/03/19

Session 4 - 27/03/19

Session 5 - 03/04/19

Session 6 - 10/04/19

Mindfulness**St Dyfrig's Church Hall - Treforest**

Broadway (near Domino's pizza), Treforest, CF37 1DB

Start date - Thursday 7th March

Time- 6:00 - 7.30pm

Session 1 - 07/03/19

Session 2 - 14/03/19

Session 3 - 21/03/19

Session 4 - 28/03/19

Session 5 - 04/04/19

Session 6 - 11/04/19