



## **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

**Stress Control****Gilfach Goch Community Association**

Gilfach Goch Community Association, Cambrian Ave, Gilfach Goch, Porth, CF39 8TG

**Start date - Wednesday 23rd January**

**Time- 1:00 - 2:30 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

**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