



COURSE TIMETABLE

APRIL - JUNE

2019



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

01443 803048
www.valleyssteps.org

Courses Beginning in April

Mindfulness

The Arts Factory - Ferndale

Trerhondda Chapel, The Strand, Ferndale, CF43 4LY

Start date – Tuesday 16th April

Time- 10:00-11:30am

Session 1 – 16/04/2019	Session 2 - 23/04/2019	Session 3 - 30/04/2019
Session 4 – 07/05/2019	Session 5 - 14/05/2019	Session 6 - 21/05/2019

Mindfulness

Talbot Community Centre - Kenfig Hill

The Rees Centre, 9A Prince Rd, Kenfig Hill, Bridgend, CF33 6ED

Start date – Tuesday 16th April

Time- 1:00-2:30pm

Session 1 – 16/04/2019	Session 2 - 23/04/2019	Session 3 - 30/04/2019
Session 4 – 07/05/2019	Session 5 - 14/05/2019	Session 6 - 21/05/2019

Stress Control

Talbot Green Community Centre - Talbot Green

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

Start date - Tuesday 16th April

Time- 6:00-7:30pm

Session 1 – 16/04/2019	Session 2 - 23/04/2019	Session 3 - 30/04/2019
Session 4 – 07/05/2019	Session 5 - 14/05/2019	Session 6 - 21/05/2019

Mindfulness**Pontypridd Museum**

Pontypridd Museum, Bridge St, Pontypridd, CF37 4PE

Start date – Wednesday 17th April

Time- 10:00-11:30 am

Session 1 – 17/04/2019	Session 2 - 24/04/2019	Session 3 - 01/05/2019
Session 4 – 08/05/2019	Session 5 - 15/05/2019	Session 6 - 22/05/2019

Mindfulness**Cynon Valley Museum - Aberdare**

Depot Rd, Aberdare, CF44 8DL

Start date - Wednesday 17th April

Time- 1:00-2:30pm

Session 1 – 17/04/2019	Session 2 - 24/04/2019	Session 3 - 01/05/2019
Session 4 – 08/05/2019	Session 5 - 15/05/2019	Session 6 - 22/05/2019

Stress Control**Darren Las Community Building - Mountain Ash**

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

Start date - Wednesday 17th April

Time- 6:00-7:30pm

Session 1 – 17/04/2019	Session 2 - 24/04/2019	Session 3 - 01/05/2019
Session 4 – 08/05/2019	Session 5 - 15/05/2019	Session 6 - 22/05/2019

Stress Control**Len Evans Centre**

Off Heol Persondy, Aberkenfig, CF32 9RF

Start date - Thursday 18th April

Time- 1:00-2:30pm

Session 1 – 18/04/2019	Session 2 - 25/04/2019	Session 3 - 02/05/2019
Session 4 – 09/05/2019	Session 5 - 16/05/2019	Session 6 - 23/05/2019

Mindfulness**Coleg y Cymoedd Rhondda Campus - Llwynypia**

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

Start date - Thursday 18th April

Time- 6:00-7:30pm

Session 1 – 18/04/2019	Session 2 - 25/04/2019	Session 3 - 02/05/2019
Session 4 – 09/05/2019	Session 5 - 16/05/2019	Session 6 - 23/05/2019

Mindfulness**Porth Library**

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

Start date - Friday 26th April

Time- 10:00-11:30am

Session 1 – 26/04/2019	Session 2 - 03/05/2019	Session 3 - 10/05/2019
Session 4 – 17/05/2019	Session 5 - 24/05/2019	Session 6 - 31/05/2019

Stress Control**YMCA - Bridgend**

Angel Street, Bridgend, CF31 4AD

Start date – Friday 26th April

Time- 1:00-2:30pm

Session 1 – 26/04/2019	Session 2 - 03/05/2019	Session 3 - 10/05/2019
Session 4 – 17/05/2019	Session 5 - 24/05/2019	Session 6 - 31/05/2019

Stress Control**St Matthias Church Hall - Treharris**

Bargoed Terrace, Treharris, CF46 5RB

Start date - Monday 29th April

Time: 1:00-2:30pm

Session 1 – 29/04/2019	Session 2 - 13/05/2019	Session 3 - 20/05/2019
Session 4 – 03/06/2019	Session 5 - 10/06/2019	Session 6 - 17/06/2019

* No sessions on Monday 6th May or Monday 27th May due to Bank Holidays

Mindfulness**Hope Church - Merthyr Tydfil**

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

Start date - Monday 29th April

Time: 6:00-7:30pm

Session 1 – 29/04/2019	Session 2 - 13/05/2019	Session 3 - 20/05/2019
Session 4 – 03/06/2019	Session 5 - 10/06/2019	Session 6 - 17/06/2019

* No sessions on Monday 6th May or Monday 27th May due to Bank Holidays

Courses Beginning in May

Stress Control

The Arts Factory - Ferndale

Trerhondda Chapel, The Strand, Ferndale, CF43 4LY

Start date – Tuesday 28th May

Time- 10:00-11:30am

Session 1 – 28/05/2019	Session 2 - 04/06/2019	Session 3 - 11/06/2019
Session 4 – 18/06/2019	Session 5 - 25/06/2019	Session 6 - 02/07/2019

Stress Control

Talbot Community Centre - Kenfig Hill

The Rees Centre, 9A Prince Rd, Kenfig Hill, Bridgend, CF33 6ED

Start date – Tuesday 28th May

Time- 1:00-2:30pm

Session 1 – 28/05/2019	Session 2 - 04/06/2019	Session 3 - 11/06/2019
Session 4 – 18/06/2019	Session 5 - 25/06/2019	Session 6 - 02/07/2019

Stress Control

Pontypridd Museum

Pontypridd Museum, Bridge St, Pontypridd, CF37 4PE

Start date – Wednesday 29th May

Time- 10:00-11:30 am

Session 1 – 29/05/2019	Session 2 - 05/06/2019	Session 3 - 12/06/2019
Session 4 – 19/06/2019	Session 5 - 26/06/2019	Session 6 - 03/07/2019

Stress Control**Cynon Valley Museum - Aberdare**

Depot Rd, Aberdare, CF44 8DL

Start date - Wednesday 29th May

Time- 1:00-2:30pm

Session 1 – 29/05/2019	Session 2 - 05/06/2019	Session 3 - 12/06/2019
Session 4 – 19/06/2019	Session 5 - 26/06/2019	Session 6 - 03/07/2019

Mindfulness**Darren Las Community Building - Mountain Ash**

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

Start date - Wednesday 29th May

Time- 6:00-7:30pm

Session 1 – 29/05/2019	Session 2 - 05/06/2019	Session 3 - 12/06/2019
Session 4 – 19/06/2019	Session 5 - 26/06/2019	Session 6 - 03/07/2019

Mindfulness**ARC Centre - Bridgend**

Boulevard De Villenave D'Ornon, Bridgend, CF31 1JN

Start date - Wednesday 29th May

Time- 6:00-7:30pm

Session 1 – 29/05/2019	Session 2 - 05/06/2019	Session 3 - 12/06/2019
Session 4 – 19/06/2019	Session 5 - 26/06/2019	Session 6 - 03/07/2019

Mindfulness**Len Evans Centre**

Off Heol Persondy, Aberkenfig, CF32 9RF

Start date - Thursday 30th May

Time- 1:00-2:30pm

Session 1 – 30/05/2019 Session 2 - 06/06/2019 Session 3 - 20/06/2019

Session 4 – 27/06/2019 Session 5 - 04/07/2019 Session 6 - 11/07/2019

Stress Control**Coleg y Cymoedd Rhondda Campus - Llwynypia**

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

Start date - Thursday 30th May

Time- 6:00-7:30pm

Session 1 – 30/05/2019 Session 2 - 06/06/2019 Session 3 - 13/06/2019

Session 4 – 20/06/2019 Session 5 - 27/06/2019 Session 6 - 04/07/2019

Courses Beginning in June

Mindfulness

Talbot Green Community Centre - Talbot Green

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

Start date - Tuesday 4th June

Time- 6:00-7:30pm

Session 1 – 04/06/2019	Session 2 - 18/06/2019	Session 3 - 25/06/2019
Session 4 – 02/07/2019	Session 5 - 09/07/2019	Session 6 - 16/07/2019

*No session on Tuesday 11th June

Stress Control

Porth Library

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

Start date - Friday 7th June

Time- 10:00-11:30am

Session 1 – 07/06/2019	Session 2 - 14/06/2019	Session 3 - 21/06/2019
Session 4 – 28/06/2019	Session 5 - 05/07/2019	Session 6 - 12/07/2019

Mindfulness

St Matthias Church Hall - Treharris

Bargoed Terrace, Treharris, CF46 5RB

Start date - Monday 24th June

Time: 1:00-2:30pm

Session 1 – 24/06/2019	Session 2 - 01/07/2019	Session 3 - 08/07/2019
Session 4 – 15/07/2019	Session 5 - 22/07/2019	Session 6 - 29/07/2019

Stress Control**Hope Church - Merthyr Tydfil**

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

Start date - Monday 24th June**Time: 6:00-7:30pm**

Session 1 – 24/06/2019

Session 2 - 01/07/2019

Session 3 - 08/07/2019

Session 4 – 15/07/2019

Session 5 - 22/07/2019

Session 6 - 29/07/2019