

Venues

BRIDGEND

Tuesdays and Fridays
11.30 am to 3.30 pm
Nolton Church Hall
Merthyr Mawr Road
Bridgend
CF31 3NH

KENFIG HILL

Wednesdays
1 pm to 5 pm
Talbot Community Centre
9 Prince Road
Kenfig Hill
CF33 6ED

MAESTEG

Thursdays
10am - 3pm
Central Ecumenical
Church
Church Street
Maesteg
CF34 9AA

Mental Health Matters Wales

Mental Health Matters Wales
promotes mental and emotional
well-being through:

- Community Advocacy
- Information
- Tenancy Support
- Wellbeing Centres



Contact:

Mental Health Matters Wales
Union Offices
Quarella Road
Bridgend CF31 1JW

Tel: 01656 767045
Email: info@mhmwales.org
www.mhmwales.org



Community Services

Wellbeing Centres

The Community Services
team provides local services
for local communities.

The services offer support and
activities for people with mental
or emotional wellbeing issues.

January 2014

Wellbeing

- Leisure
- Lifestyle
- Finance
- Housing
- Employment/Education
- Health

Wellbeing means being physically, mentally and emotionally well.

To achieve this we need a healthy balance in all aspects of our lives.

This can be difficult sometimes because of negative things happening in our lives.

If you are concerned about any aspect of your wellbeing and want some information or support, please call in to one of our wellbeing centres.

Contact us on:

Tel: 01656 767045

Email: info@mhmwales.org

Wellbeing Centres

