



**MENTAL HEALTH
MATTERS WALES**

breathecreative

arts for wellbeing

Music and Movement for Health, Wellbeing
and to Connect with Other People.

Creative Connections offer sessions to improve wellbeing,
to connect with other people and be creative

- Relaxation and Breathing Exercises
- Singing and Songwriting
- Movement and Dance

Breathe Creative work in a person-centred way -
contribute your own ideas to the sessions!

Fridays from 11am - 12:30pm
at Mental Health Matters Wales
Union Offices, Quarella Road, Bridgend. CF31 1JW
or access sessions online via Zoom
using Meeting ID: 924 8411 0560

To register, please call (01656) 767 045
or email: community@mhmwales.org