



MENTAL HEALTH  
MATTERS WALES

# 'Improving Confidence'

**A free 5 week course open to all  
No previous experience is needed and  
there are no formal entry requirements**

*This Agored Cymru course explores a range of issues,  
including how emotions can affect decision making  
and ways to improve personal confidence and  
communication skills*

**Tuesdays 10.00-1.00**

**Starting 23rd January 2024**

**MHMW | Union Offices | Quarella Rd | Bridgend | CF31 1JW**

To register and for further information please contact:  
**community@mhmwales.org 01656 767045 / 651450**