



**MENTAL HEALTH
MATTERS WALES**

SHARE

Self Harm Awareness Recovery and Education

After many months online, our SHARE self-harm support group returns to Face-to-Face sessions this October!

SHARE is a friendly and supportive group that provides a means of reducing isolation, building confidence, highlighting alternative coping mechanisms, helping you to identify the circumstances or triggers that lead to harm.

Join us in person on

Wednesday 13th October from 3pm - 4:30pm

at **Union Offices, Quarella Road, Bridgend. CF31 1JW**

2021 Dates: October 13th, October 27th, November 10th, November 24th, December 8th, December 22nd

**Email share@mhmwales.org
or call (01656) 651 450 for further details**

www.mhmwales.org.uk

Just Giving: <https://www.justgiving.com/mentalhealthmatterswales>
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