



MHM WALES



**NEW HORIZONS
MENTAL HEALTH**
Patron Boyd Clack

Suicide & Bereavement Support Group

You don't need to suffer alone.

Join us throughout January and March as we come together to share experiences and comfort in a safe, friendly and welcoming environment.

Join us on the following days

January 21st 1:30 - 3pm

March 3rd 1:30 - 3pm

February 4th 1:30 - 3pm

March 17th 1:30 - 3pm

February 18th 1:30 - 3pm

March 31st 1:30 - 3pm

at

**The Pop Factory, Jenkin Street,
Porth, CF39 9PP**

**For more information call New Horizons on (01685) 881 113
or email info@newhorizons-mentalhealth.co.uk**