



**MENTAL HEALTH
MATTERS WALES**

Wellbeing Hubs

**As Wales begins to ease social distancing,
Mental Health Matters Wales are delighted to
re-open two of our Wellbeing Hubs**

**Running a little differently than in the past, we can
accommodate a maximum of 15 people per session
by appointment ONLY - this is no longer a walk-in service.**

Bridgend

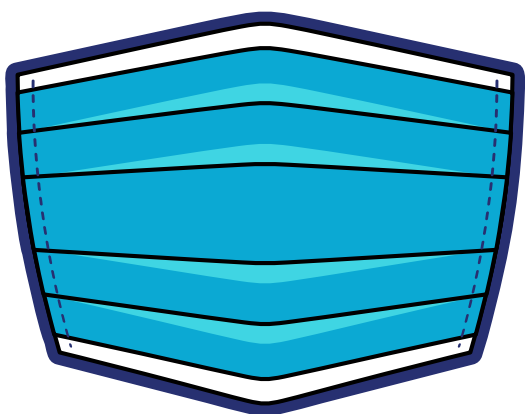
**Nolton Church Hall,
Merthyr Mawr Road,**

Tuesdays 12pm - 3pm

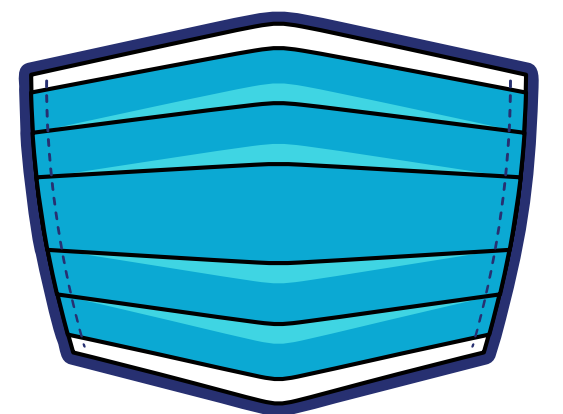
Porthcawl

**Y-Centre,
John Street,**

Thursdays 12pm - 2pm



MASKS MUST BE WORN WHEN ENTERING PREMISES!



#KeepWalesSafe

To register your interest, contact community@mhmwales.org

or call (01656) 767 045