

New Horizons Mental Health offers a range of co-produced support services for adults aged 18+ within the Cwm Taf Morgannwg area.

These include:

- Recovery College
- Peer Support
- Social Skills
- Outdoor Activities
- Volunteering

All are offered in community venues – check website for details.

Head Office

16 Dean street,
Aberdare CF44 7BN

For further information please contact us on: **01685 881113**
or email:
info@newhorizons-mentalhealth.co.uk
www.mentalhealthsupport.org.uk

Cwm Taf Morgannwg Recovery College

The courses include:

- Managing Anxiety
- Anger Management
- Mental Health Awareness
- Resilience Skills

Please note courses may change each term
*all of our courses are delivered in partnership and many are Agored accredited

"I get to meet new people like me which makes me feel less lonely and I have something to look forward to each week"

 New Horizons Mental Health
 @Newhorizons

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