

**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](mailto:info@newhorizons-mentalhealth.co.uk)  
[www.mentalhealthsupport.org.uk](http://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"