



MENTAL HEALTH
MATTERS WALES

'Resilience Skills'

**A free 3 week course open to all
No previous experience is needed and
there are no formal entry requirements**

***'Resilience is the ability to cope with
and recover from setbacks'***

This Agored Cymru course will help you:

- Understand why resilience skills are important to health and wellbeing
- Increase your own resilience
- Create a positive outlook on life

Tuesday April 23rd, 30th & May 7th

10.00-12.30

MHMW | Union Offices | Quarella Rd | Bridgend | CF31 1JW

To register and for further information please contact:
community@mhmwales.org 01656 767045 / 651450