



**MENTAL HEALTH
MATTERS WALES**

ART MATTERS!

**Join us every Friday for
fun and relaxing art and craft workshops!**

**Enjoy some 'me' time and focus on your
own interests in collaborative sessions!**

No artistic skills required!

**Every Friday 10.00-1.00
at Union Offices, Quarella Road,
Bridgend, CF31 1JW**

To register your interest, contact community@mhmwales.org

or call **(01656) 767 045**