



MENTAL HEALTH  
MATTERS WALES

# WELLBEING HUBS

## Employability Hub

Ty Llynfi

Llynfi Road

Maesteg

**Tuesdays weeks 1 & 3**

**2.00-4.00**

## Porthcawl YMCA

John Street

Porthcawl

**Thursdays**

**12:30-2:30**

Our hubs provide a safe social space to  
promote good mental health and  
wellbeing

## Wyndham Boys & Girls Club

14-16 Dunraven Place

Ogmore Vale

**Tuesdays**

**11.00-1.00**

## MHM Wales

Union Offices

Quarella Road

Bridgend

**Fridays**

**10.00-2.00**



Bwrdd Iechyd Prifysgol  
Cwm Taf  
University Health Board



For more information contact

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mhmwales.org.uk



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