



NEW HORIZONS

Mental Health & Emotional Wellbeing Centre

Llantrisant Caerlan

Community Hall,

Newbridge Rd, Llantrisant, CF72 8EX

**Open every Friday
from 9am - 3pm**

*A warm welcome
will be given to all adults
experiencing
mental health issues*

Reg Charity: 1066601

www.newhorizons-mentalhealth.co.uk

Every Friday 9am - 3pm

New Horizons can offer you -

- Peer support
- Opportunities to increase your personal confidence through training & self-help groups
- Opportunities to volunteer your time and talents
- Signposting to partner agencies
- Learn new Art & Craft skills
- Enjoy a chat over a cup of tea in a friendly, safe environment

You are welcome to drop-in at any of our centres.

Are you interested in volunteering with us? If you are looking for work experience or training, the opportunity to support others or to give something back', then come and help us!

For further details about the services New Horizons can offer please contact -

New Horizons
Mental Health & Emotional Wellbeing
Resource Centre

44-49 Cardiff Street

Aberdare, CF44 7DG

T: 01685 881113/F: 01685 877253

E: info@newhorizons-mentalhealth.co.uk

www.newhorizons-mentalhealth.co.uk