



Free Wellbeing Courses 2019

North Monmouthshire (Abergavenny / Monmouth)

Course	*Week Beginning Start Date	Length
Understanding Anger	14th January	6 weeks
Confidence Building	14th January	8 weeks
Anxiety Management	25th March	8 weeks
Depression Management	25th March	8 weeks
Anxiety Management	3rd June	8 weeks
Confidence Building	3rd June	8 weeks
Anxiety Management	12th August	8 weeks
Depression Management	12th August	8 weeks
Confidence Building	21st October	8 weeks
Understanding Anger	21st October	6 weeks

*Training Course/ Dates may be subject to change

Courses are weekly for approx. 2 hrs and some evening courses may be available

To register your interest for our courses, call 01633 810718, 01873 858275 or 07572 590436 or email info@mindmonmouthshire.org.uk.

We are on Facebook



Once you have booked a place we will confirm exact dates & venue.