

## Drop in Sessions

	Brecon	Hay	Crickhowell	Talgarth
<b>Monday</b>	10am – 12pm			
<b>Tuesday</b>	5 – 7pm	9.30– 12.30 (Bowls Club)	1.30 – 3.30pm (CRIC centre)	
<b>Thursday</b>	12 – 2pm			9am -12pm (Church Hall)
<b>Friday</b>	12 – 2pm			
<b>Sunday</b>	12.30 – 4.30 pm			

## Activities

### Brecon:

Tuesday 10 - 2pm	Eco- Volunteering
Tuesday 1 – 4pm	Cookery / Healthy Eating (fortnightly)
Tuesday 2 – 5pm	Eve Project (Women Only)
Wednesday 10 - 12pm	Eco-volunteering
Wednesday 12 – 1pm	Mindfulness sessions
Wednesday 1 – 2pm	Recovery Discussion Group
Wednesday 2 – 4pm	Volunteer open door
Wednesday 2.30 – 4.30pm	Peer Support Group
Thursday 10 – 12pm	Eco-Volunteering
Thursday 1.30 – 4.30pm	Art in Mind
Wednesday 1.30 – 3pm	Film Group
Friday 12.30 – 2.30pm	Creative Writing/ Poetry
Friday 2.30 – 4.30pm	TGI Fridays

### Crickhowell:

Friday 9.30 – 1.30pm	Pottery – Arts Alive
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## Support Groups

**Mondays (10am – 3pm) in Ty Croeso, Brecon**

Reiki  
Indian Head Massage  
Reflexology

*All treatments by appointment only – please phone 01874 611529*

**Thursdays (1.30pm – 4.30pm) Talgarth**

Swimming & Walking

*Please ring Carol Coles for information (07890 660722)*

### Brecon:

- Anxiety Café in Brecon – Fortnightly
- Support Group (18 – 25 years) – Brecon College – Weekly (Students only)
- Support Group (Students only) Brecon High School - Weekly

### Hay:

- Anxiety Café in Hay - Fortnightly

## Other Projects and Services

### Stepping Stones:

A service for those thinking of taking steps back into work or needing support to remain in employment. One to one sessions are available at our job clubs in Brecon, Hay, Talgarth and Crickhowell for those seeking support and advice. Please contact Neil Hirst or Rachel Williams on 01874 611529 for further details.

### Volunteering

Our Volunteer Co-ordinator is running some exciting projects to promote well-being through volunteering in the community, including Eco-volunteering, a Film Group, The Eve Project and an allotment. Please contact Matthew Sowerby on 01874 611529 for more information.

### Counselling Service:

Our counselling service can help with a wide range of mental health issues including stress, depression, anxiety and bereavement. Self-referral is possible by contacting the centre in Brecon on 01874 611529 or you can be referred by another agency such as a GP or nurse.

### Active Monitoring:

An early intervention self-management programme delivered through one-to-one sessions for up to 8 weeks available through the GP surgeries in Hay, Talgarth, Crickhowell and Brecon – please ask your GP for more information.

### Mum's Matter

A service geared towards providing support and advice to those suffering from perinatal mental health issues. Please contact Deborah Wilkie on 01874 611529 for further details.