



MHM Wales

Finding Connections

for ages 16+
from MHM Wales and KPC



**MHM Wales are facilitating their
Finding Connections
programme from KPC Youth &
Community for anyone aged 16+**

Learn how we think and what we do,
and explore different coping skills,
strategies & tools to help you to better
deal with what life brings.

Sessions are Inclusive, Interactive,
Supportive and Confidential and open to
anyone experiencing stress & anxiety,
depression, mental health issues or
concerns about their general well-being.

**Our Next Finding Connections
course will run on**

**Wednesdays 17th, 24th & 31st
January from 1pm - 4pm at**

**KPC Youth & Community,
Off Pyle Inn Way, Pyle, CF33 6AB**

**We are also running "drop in" sessions on
Weds 10th January**

from 10.30—12 midday

**please feel free to pop into the Café Area in
KPC to find out more**

Following the sessions, we will run
support/info/recreational sessions so that
you can continue to access local support.

**Sessions are limited to 12 per programme so please reserve spaces to
ensure you have a confirmed place**

If you or someone you know could benefit from these sessions, contact:

KPC Youth & Community, Off Pyle Inn Way, Pyle, Bridgend CF33 6AB

Tel: 01656 749219/745399 Email: kpcyouth@hotmail.com

MHM Wales: 01656 651450



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Abertawe Bro Morgannwg
University Health Board

