



# MY MENTAL HEALTH

Well-being workshops for those with additional learning needs in Torfaen!

The My Mental Health project is a youth-led initiative to mental health awareness in the Torfaen area. Workshops are delivered in a peer-led fashion by like-minded young people and cover a range of topics including:

- What is Mental Health?
- Coping mechanisms for mental health
- The importance of positive well-being to our mental health

All of our workshops are free for participants and are tailored for those with additional learning needs and facilitated in accessible venues across the borough.

Workshops for participants will be delivered on the following dates:

Cwmbran Centre for Young People: 15th of January, 13:30- 15:00.

Training in Mind, Blaenavon: 29th of January, 13:30 - 15:00.

Pontypool Active Living Centre: 5th of February, 13:30 - 15:00.

For more information or to confirm a place, please contact:  
Ryan Crewe-Rees [ryan.crewe-rees@volunteeringmatters.org.uk](mailto:ryan.crewe-rees@volunteeringmatters.org.uk) 01495750333