



**A Mental Health
Resource Service for
Cardiff & the Vale**



**FREE OF
CHARGE**

ACT-ion for Living

A free 4 week course developed by the Primary Mental Health Support Service is designed to help if you are experiencing overwhelming emotional problems. Struggling to get rid of an emotional problem can seem to make it worse. You will learn helpful techniques based on Acceptance and Commitment Therapy and be introduced to the benefits of Mindfulness. This course is delivered in person by 4Winds Resource Service.

Venue

The Green Room, Grange Pavilion

Grange Gardens, Cardiff CF11 7LJ. This is based just off Corporation Road in Grangetown. On street parking is available nearby and buses 1, 8 and X45 all stop close by.

Dates

6-8pm Tuesday 8th March

6-8pm Tuesday 15th March

6-8pm Tuesday 22nd March

6-8pm Tuesday 29th March

PLEASE NOTE: Due to Covid restrictions places are limited and advanced **booking is essential** – to secure your place please contact 4Winds on 029 20388144, use the contact us form on our website www.4winds.org.uk or email contact@4winds.org.uk