



A Mental Health
Resource Service for
Cardiff & the Vale

FREE OF
CHARGE

Managing Emotions Training Course

Delivered by 4Winds at Central Hub and Library This is based in the city centre - The Hayes, Cardiff CF10 1FL

The course starts on 30th June 2023, taking place from 10.30am – 1pm every Friday for 3 weeks (June 30th, July 7th and 14th)

(All sessions to include one or two short breaks)

We all experience many emotions during our lives. Some of these can be strong and difficult to deal with. If managing your emotions is a problem for you this course will give you increased understanding, tools and techniques to deal with them. For further information or to book a place, please contact us.

Spaces are limited and advanced **booking is essential** – to secure your space please contact 4Winds on 029 20388144 or use the contact us form on our website www.4winds.org.uk or email contact@4winds.org.uk