

Support groups for **mental health carers** in the Vale of Glamorgan

Do you care for someone with a mental illness?

Come along to one of our friendly and informal support groups to meet other carers and chat to Hafal's Family Support Team

Cowbridge - 1st Wednesday of every month

7 June, 2017

10.00am - 11.30am

Cafe Nero (opposite Waitrose), 4 Birds Lane, Cowbridge

Penarth - 2nd Wednesday of every month

14 June 2017

10.00am - 11.30am

Waterloo Tea Rooms, Washington Gallery, Penarth

Barry - 3rd Wednesday of every month

21 June 2017

10.00am - 11.30am

YMCA (upstairs), Court Road, Barry

**For further information on Family Support contact Julie,
tel: 07580 792 168 or e-mail julie.pickin@hafal.org**