

Torfaen and  
Blaenau Gwent



# PHOENIX PROJECT-Brynmawr

## Activity Timetable February 2020

Contact:

Tel: 01495 311 445

Email: [tara.johnston@torfaenmind.co.uk](mailto:tara.johnston@torfaenmind.co.uk)

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3rd</p> <p>Anxiety Management 10:30-12:30 (Referrals Only)</p>	<p>4th</p> <p>1-2-1 Appointment's Social Hub 10—2:30pm</p>	<p>5th</p> <p>1-2-1's am Tredegar &amp; BMC Outreach</p>	<p>6th</p> <p>Social Hub 10am -2.30 pm Art Club 1pm-3pm</p>	<p>7th</p> <p>Anger Awareness 10:30-12:30 (Referrals Only)</p>
<p>10th</p> <p>Anxiety Management 10:30-12:30 (Referrals Only)</p>	<p>11th</p> <p>1-2-1 Appointment's Social Hub 10—2:30pm</p>	<p>12th</p> <p>1-2-1's am Tredegar &amp; BMC Outreach pm</p>	<p>13th</p> <p>Social Hub 10am -2.30 pm Art Club 1pm-3pm</p>	<p>14th</p> <p>Anger Awareness 10:30-12:30 (Referrals Only)</p>
<p>17th</p> <p>Anxiety Management 10:30-12:30 (Referrals Only)</p>	<p>18th</p> <p>1-2-1 Appointment's Social Hub 10am—2.30</p>	<p>19th</p> <p>1-2-1's am Tredegar &amp; BMC Outreach pm</p>	<p>20th</p> <p>Social Hub 10am -2.30 pm Art Club 1pm-3pm</p>	<p>21st</p> <p>Anger Awareness 10:30-12:30 (Referrals Only)</p>
<p>24th</p> <p>Anxiety Management 10:30-12:30 (Referrals Only)</p>	<p>25th</p> <p>1-2-1 Appointments Social Hub 10am—2.30</p>	<p>26th</p> <p>1-2-1's am Tredegar &amp; BMC Outreach pm</p>	<p>27th</p> <p>Social Hub 10am -2.30 pm Art Club 1pm-3pm</p>	<p>28th</p> <p>Anger Awareness 10:30-12:30 (Referrals Only)</p>