

# Support For Carers

Do you provide support for someone experiencing a mental health problem?

Would you like to meet with other carers in a similar situation?

The meetings are very informal. Enjoy a cup of tea and a chat with a friendly group of people. Take the opportunity to be involved in choosing speakers and the type of activities you would like the group to undertake in the future.

<b>Cynon</b>	1st Wednesday of the month	11.00 - 13.00pm
<b>Rhondda</b>	2nd Wednesday of the month	10.30 - 12.30pm
<b>Taff Ely</b>	Last Wednesday of the month	10.00 - 12.00noon

For venues of meetings and further information contact:

**Helen Pitt**  
**Carers Support Project**  
**Freephone: 0808 100 1801**



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**RHONDDA CYNON TAF**  
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