



Journeys are running self-help groups throughout Rhondda Cynon Taff for people affected by depression, their families and friends.

Self-help groups provide a safe environment where people can share experiences and coping strategies, get and give support, learn about depression and explore self-help.

See over for more information.



## Journeys' self-help groups

Journeys co-ordinate a network of self-help groups throughout Wales. For many people they are a vital resource in achieving and maintaining recovery.

The groups are a safe place to meet with people who may have had similar experiences. They also provide the opportunity to learn simple techniques to help combat the symptoms of depression in a supportive, confidential and helpful environment.

We know that attending a group for the first time can be difficult. Remember that you are not alone, many people are nervous about taking this first step. So if you want to talk to a Group Leader before attending please contact them using the details provided.

## Who is Journeys?

**Journeys** is the only organisation in Wales whose sole purpose is to offer support and understanding to people affected by depression, their friends, families and carers.

**Journeys** takes a holistic approach to overcoming depression through guided self-help, building the foundations for sustainable and long-term wellbeing.

**Journeys** provides information, practical resources, services and training that promote the development of skills and strategies to help people find their own route to recovery.

## When & where do the groups meet in RCT?

**Darran Las** - every Friday 1 - 3 pm

Darran Las Community Building, Aberdare Road, Mountain Ash  
Starts 12 March 2010. Contact Jill on 01443 479713

**Glyncoch** - every Wednesday 12 - 2 pm

Christian fellowship Church, Garth Avenue, Glyncoch CF37 3AJ  
Starts 17 March 2010. Contact Sue on 07971 540528

**Maerdy** - every Wednesday 6 - 8 pm

Teify House, Station Road, Maerdy CF43 4BE  
Contact Kristen on 01443 755687

**Tonyrefail** - every Thursday 11 - 1 pm

Four Seasons Activity Centre, 33 Heol y Glyn, Tonyrefail CF39 8LL  
Starts 4 March 2010. Contact Zoe on 01443 671927

For more information about Journeys:

029 2069 2891

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In partnership with Communities First and

