

Rhondda Listening Friends



Are you depressed? Lonely?
Need someone to talk to?

Then why not drop in to see us.....

Every Monday

11am – 4pm at St. John's Church Hall, Ton Pentre

We are a self-help group of people who understand what it's like to have depression.
Anything discussed will be treated in confidence.
You can join the group at anytime during the opening hours and stay for as long as it suits you. Tea and coffee will be available