

Mental Health Peer Support Groups

Group	Where	When	Contact
Phoenix Friends	Hope Church, Merthyr	Every Tuesday 10.30am-12.30pm	Maria Abson 01443 846200 mabson@interlinkrct.org.uk
Footsteps	Morlais Hall, Ferndale	Every Tuesday 10.30am -1.30pm	Maria Abson mabson@interlinkrct.org.uk
New Connections	Providence Church, Ystrad	Every Wednesday 10.30am-12.30	Simone 01443 424218 simone@rhondda.org
M.A.S.H.	Maerdy Community Centre	Every Wednesday 6.00pm-8.00pm	Maria Abson mabson@interlinkrct.org.uk
New Beginnings	St Catherin's Church Pontypridd	Every Friday 9.30am – 12.30pm	Maria Abson mabson@interlinkrct.org.uk
Brighter Journey	Gilfach Goch Community Centre	Every Tuesday 10.30am – 12.30pm	Maria Abson mabson@interlinkrct.org.uk
Positive Steps	Darran Las Community Centre	Every Friday 12.30-3.00pm	Maria Abson mabson@interlinkrct.org.uk
Silver Linings	Bryncae Community Centre	Every Monday 1-3pm	Maria Abson mabson@interlinkrct.org.uk