

Dementia Carers Peer Support & Luncheon Group

Every Monday 1pm until 3pm

**Mental Health Matters Wales
Union Offices, Quarella road, Bridgend
CF31 1JW**

**To find out more contact Michelle/Maria at 0300 10 249 70 or
bdh@mhmwales.org**

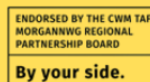
Come join our Dementia Carers Peer Support group

**In our informal carers peer support group, you will meet
with other carers in a friendly welcoming space.**

**Enjoy some lunch and a cuppa whilst sharing your caring
experinces & supporting each other.**



Ariennir gan
Lywodraeth Cymru
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Promoting Independence through Activities, Advice and Information