



# SHARE

Self Harm Awareness Recovery and Education

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We're dedicated to fostering a friendly peer support program that aims to create a strong and caring community. Our mission is to combat isolation and help individuals identify triggers that may lead to harm.

Our groups are welcoming and committed to making every experience pleasant and enjoyable for everyone involved.

## Weekly group sessions

You are welcome to join every Wednesday from 3:30 PM to 5:00 PM.

## In-person meetings

We gather at the Union Offices located at Quarella Road, Bridgend, CF31 1JW.

## Online experience

If you prefer you can participate through our online sessions by accessing the following link

<https://us06web.zoom.us/j/87878364640> Meeting ID: 878 7836 4640



Our online sessions are held in partnership with New Horizons, a local mental health charity that offers various resources to promote mental wellbeing.

For more information, please contact us directly

[share@mhmwales.org](mailto:share@mhmwales.org)