

ACE - Stress Control courses

East – Eastern Leisure Centre, Llanrumney Ave, Llanrumney, Cardiff CF3 4DN

Thursday 13th January 2022 1-3pm
Thursday 20th January 2022 1-3pm
Thursday 27th January 2022 1-3pm
Thursday 3rd February 2022 1-3pm
Thursday 10th February 2022 1-3pm
Thursday 17th February 2022 1-3pm

North – Thornill Church, Excalibur Dr, Llanishen, Cardiff CF14 9GA

Tuesday 11th January 2022 1-3pm
Tuesday 18th January 2022 1-3pm
Tuesday 25th January 2022 1-3pm
Tuesday 1st February 2022 1-3pm
Tuesday 8th February 2022 1-3pm
Tuesday 15th February 2022 1-3pm

North – Thornill Church, Excalibur Dr, Llanishen, Cardiff CF14 9GA

Wednesday 12th January 2022 10am-12pm
Wednesday 19th January 2022 10am-12pm
Wednesday 26th January 2022 10am-12pm
Wednesday 2nd February 2022 10am-12pm
Wednesday 9th February 2022 10am-12pm
Wednesday 16th February 2022 10am-12pm

South West – Dusty Forge, 460 Cowbridge Rd W, Cardiff CF5 5BZ

Monday 10th January 2022 1-3pm
Monday 17th January 2022 1-3pm
Monday 24th January 2022 1-3pm
Monday 31st January 2022 1-3pm
Monday 7th February 2022 1-3pm
Monday 14th February 2022 1-3pm

South West – Dusty Forge, 460 Cowbridge Rd W, Cardiff CF5 5BZ

Tuesday 11th January 2022 6-8pm
Tuesday 18th January 2022 6-8pm
Tuesday 25th January 2022 6-8pm
Tuesday 1st February 2022 6-8pm
Tuesday 8th February 2022 6-8pm
Tuesday 15th February 2022 6-8pm

West – Whitchurch Community Centre, Old Church Rd, Cardiff CF14 1AD

Friday 14th January 2022 1-3pm
Friday 21st January 2022 1-3pm
Friday 28th January 2022 1-3pm
Friday 4th February 2022 1-3pm
Friday 11th February 2022 1-3pm
Friday 18th February 2022 1-3pm

ACE - ACTION for Living courses

East – Eastern Leisure Centre, Llanrumney Ave, Llanrumney, Cardiff CF3 4DN

Tuesday 1st March 2022 6-8pm
Tuesday 8th March 2022 6-8pm
Tuesday 15th March 2022 6-8pm
Tuesday 22nd March 2022 6-8pm

East – Eastern Leisure Centre, Llanrumney Ave, Llanrumney, Cardiff CF3 4DN

Thursday 3rd March 2022 1-3pm
Thursday 10th March 2022 1-3pm
Thursday 17th March 2022 1-3pm
Thursday 24th March 2022 1-3pm

North - Thornhill Church, Excalibur Dr, Llanishen, Cardiff CF14 9GA

Thursday 20th January 2022 6-8pm
Thursday 27th January 2022 6-8pm
Thursday 3rd February 2022 6-8pm
Thursday 10th February 2022 6-8pm

North – Thornhill Church, Excalibur Dr, Llanishen, Cardiff CF14 9GA

Tuesday 1st March 2022 1-3pm
Tuesday 8th March 2022 1-3pm
Tuesday 15th March 2022 1-3pm
Tuesday 22nd March 2022 1-3pm

South West – Dusty Forge, 460 Cowbridge Rd W, Cardiff CF5 5BZ

Monday 28th February 2022 1-3pm
Monday 7th March 2022 1-3pm
Monday 14th March 2022 1-3pm
Monday 21st March 2022 1-3pm

West – Whitchurch Community Hall, Old Church Rd, Cardiff CF14 1AD

Wednesday 2nd March 2022 1-3pm
Wednesday 9th March 2022 1-3pm
Wednesday 16th March 2022 1-3pm
Wednesday 23rd March 2022 1-3pm

West – Whitchurch Community Hall, Old Church Rd, Cardiff CF14 1AD

Friday 4th March 2022 1-3pm
Friday 11th March 2022 1-3pm
Friday 18th March 2022 1-3pm
Friday 25th March 2022 1-3pm