

# Men's Wellbeing Group



Men's Wellbeing Group offers support for individuals (living in the Dartford, Gravesham, Swanley & Medway areas) over 25 who have a mental health issue. The group combines open discussion with exercise and nutrition to tackle the stigma of mental health and to get Men talking and saving lives! Courses are set over a 10 week period.

**WEDNESDAY 18:00 –19:30PM**  
**DARTFORD FOOTBALL CLUB**  
**PRINCES PARK STADIUM**  
**GRASS BANKS**  
**DARTFORD DA1 1RT**



For further information, please contact:

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 **mind North Kent**

Registered Charity No.1103790