

Men's Group



A safe space for men to talk about their experiences, wellbeing and mental health.

**12 week peer support group for men hosted at
Dartford YMCA, DA1 1UP**

7PM - 9PM

Light refreshments will be provided

For more information please visit our **website**

www.northkentmind.co.uk

Call us on 01322 291 380 or **email** wellbeing@northkentmind.co.uk

Refer via our website at northkentmind.co.uk


mind
North Kent