



EVERY
2ND & 4TH
TUESDAY OF
THE MONTH
6PM - 8PM

FACE- TO-FACE GROUP MEETING



It's ok for
men to have a
mental health
illness
It's that
**BLACK &
WHITE**

A chance for
men suffering
with anxiety,
depression &
grief to talk with
other fellow
sufferers



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www.formentotalk.co.uk

