



FOR MEN  
TO TALK  
MARPLE

# 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



**Shine  
Centre**

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[www.formentotalk.co.uk](http://www.formentotalk.co.uk)

