



EVERY 1ST
& 3RD
FRIDAY OF
THE MONTH

WALKING
GROUP
MEETING

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

Welcoming the men
of Hitchin from all
backgrounds

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



St Mary's
Church



Churchyard, Hitchin,
SG5 1HP

www.formentotalk.co.uk

