


MEN'S WELLBEING GROUP



Every Wednesday
3:15pm - 4:45pm

 Junction, 100 Chapelhouse Road
Fordbridge, B37 5HA

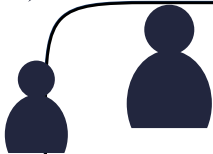
A relaxed, friendly group where men can get together, have a brew, and talk about life.

There doesn't have to be anything "wrong".
Just a safe space to check in, listen, or chat – whatever feels right.



Are you feeling a bit stressed, fed up, isolated or even just curious?

Come along and have an easy conversation, get support from other men, practical chats about stress, health, work, family & day-to-day life.



Led by local men for local men!
No fixing, No lectures

For more information contact health@colebridge.org or
07974727223 or just turn up – no referral needed



Health in the Hearts of Our Community