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A Support System

Join us at Elizabeth House Community Centre and come along to our Men's Wellbeing workshops, hosted by **Beyond Equality** as part of our **Men's Community Hub** in London. A space to discuss your mental wellbeing and pick up tools to support yourself and others.

Email: info@elizabeth-house.org.uk

We want to chat with you, in your community, transforming groups in to spaces of support, improved happiness & mental wellbeing.

Workshop 1: Men and Mental Wellbeing

Tuesday 10th September
18:30 - 20:30

Register here
or call
020 7690 1300



Workshop 2: Masculinities and Seeking Support

Tuesday 17th September
18:30 - 20:30

Workshop 3: Building Supportive Communities

Tuesday 24th September
18:30 - 20:30



Being in an open and safe space, sharing experiences and thoughts with others, is always good. When these people are your friends, overcoming the awkwardness of talking about experiences and feelings with them will definitely help in the future

96%

of participants
said they enjoyed
our workshops*

*Feedback from similar workshops in 2021/22



Delivered by **Beyond Equality**, a high-profile leader in the UK in giving men the opportunity to rethink masculinities in ways that are positive for them and others. We have worked with over 90,000 people since our inception, in schools, universities, workplaces and professional sports clubs.

B **EQUALITY** **YOND**

