

MEN'S WELLBEING WORKSHOP



Hosted by Beyond Equality



WORKSHOP 1:

Men & Mental Wellbeing

**Thursday 16th January
11am-1pm**

WORKSHOP 2:

Masculinities & Seeking Support

**Thursday 23rd January
11am-1pm**

WORKSHOP 3:

Building Supportive Communities

**Thursday 30th January
11am-1pm**

Where: Manor Gardens Centre, N7 6LA

For more details, or to book a place, contact Khadidja Dzanouni, Activities & Project Worker on 07519 588576 or email khadidja@manorgardenscentre.org