



# CONNECT

## Men's Group

**Days:** Tuesdays

**Times:**

10.30am-12pm

**Location:**

Online



The men's group is an informal, friendly and supportive group where you meet others to talk about a range of topics including your own wellbeing.

This group helps to build good supportive relationships which are important for our mental wellbeing. These friendships can build a sense of belonging, give us opportunity to share positive experiences and provide emotional support.

Please register and book your place online.



[mindinbexley.org.uk/recovery/](https://mindinbexley.org.uk/recovery/)

