



## YMCA NORTH DOWN MEN'S GROUP



**Where:** YMCA NORTH DOWN, 10-12 High Street BT20 5AY

**When:** Thursday morning from 11-1pm

**What:** Weekly group sessions, combining targeted workshops with an overarching theme of Mental health and Wellbeing, along with some very relaxed informal time together where we often play pool or grab a bite of food.

There is also an opportunity to avail of more focused one to one support if required.

For more information please contact our Men's Health Worker, Ricky Garrett on 07591840489 or [Ricky@northdownymca.org](mailto:Ricky@northdownymca.org)

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