

# Men's Wellbeing Workshops

'A space to discuss your mental wellbeing and pick up tools to support yourself and the boys'

- **Men and Mental Wellbeing**
- **Masculinities and Seeking Support**
- **Men and Building Supportive Communities**

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

**Tuesdays June 4th, 11th & 18th**

**11.00 - 1.00**

**MHMW | Union Offices | Quarella Rd | Bridgend | CF31 1JW**

To register and for further information please contact:  
**community@mhmwales.org 01656 767045 / 651450**