



## Taff's Well (& surrounding areas) Men's wellbeing group

Every Wednesday Fortnight  
at 7-9pm starting 12<sup>th</sup>  
January 2022

Taff's Well & Nantgarw  
Community Hub



## Men's Wellbeing Group

- Take care of your wellbeing
- Mental wellbeing is just as important as physical wellbeing and maintaining both is an important part of staying well.

We can talk about anything that you want to in relation to your mental wellbeing including anxiety, anger, sleep, depression, diet, mood triggers, relationships, work, family.

- Remember 1 in 3 of us will experience poor mental health in our lives – it's normal and nothing to be ashamed of.
- Please contact Hugh Irwin by direct message on FB/Messenger if you would like more information. At the first session we will be agreeing group rules for the group.
- It is completely confidential and free of charge.
- No referral required – you can just turn up

