



B A Support System

Join us and **Centre 70** at **Brixton Library** (SW2 1JQ) for our Men's Wellbeing workshops, hosted by **Beyond Equality** as part of our **Men's Community Hub** in London. A space to discuss your mental wellbeing and pick up tools to support yourself and others.

To register, email wellbeing@centre70.org.uk

We want to chat with you, in your community, transforming groups in to spaces of support, improved happiness & mental wellbeing.

Workshop 1: Men and Mental Wellbeing

Wednesday 12th February
14:00 - 16:00

Workshop 2: Masculinities and Seeking Support

Wednesday 19th February
14:00 - 16:00

Workshop 3: Building Supportive Communities

Wednesday 26th February
14:00 - 16:00



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Being in an open and safe space, sharing experiences and thoughts with others, is always good. When these people are your friends, overcoming the awkwardness of talking about experiences and feelings with them will definitely help in the future

96%

of participants said they enjoyed our workshops*



*Feedback from similar workshops in 2021/22



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. We have worked with over 90,000 people since our inception, in schools, universities, workplaces and professional sports clubs.

B **EQUALITY** **YOND**

