



SIGN UP: FREE WELLBEING COURSE FOR MEN IN NORTH SOMERSET

3 sessions over 3 weeks: space to have genuine chats about wellbeing, connect with other men & pick up tips to use in your everyday life.

Delivered by Beyond Equality.



**Thursday 27 February, 6 March & 13 March
2-4pm**



**Venue: 4 Boulevard, Weston-
super-Mare, BS23 1NA**



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**NORTH
SOMERSET
WELLBEING**

MEN'S WELLBEING WORKSHOP 1

Thursday 27 February, 2-4pm

What does men's mental wellbeing mean to you? A brave space for open conversations about how we respond to our own wellbeing, our options for support, and the important role gender plays in the conversation.

MEN'S WELLBEING WORKSHOP 2

Thursday 6 March, 2-4pm

Looking at how masculinities can prevent or encourage how we seek support and how they impact us and others.

MEN'S WELLBEING WORKSHOP 3

Thursday 13 March, 2-4pm

How can we build more supportive communities? We'll go beyond the 'are you ok?' to explore barriers we and others face when seeking support.

Free for anyone who identifies as male aged 18+ in North Somerset!

