

Every Wednesday Night

From 6.00pm - 8.30pm at,
St Wilfrid's Hospice, 1
Broadwater Way,
Eastbourne BN22 9PZ

Every Thursday Night

From 6.00pm - 8.30pm at,
The Community Hub @
Union Church High Street,
Heathfield TN21 8LB

The aim of MANKIND is to provide a safe place for men to share how they are feeling without feeling judged and to support those who are struggling with their emotional and mental wellbeing.



ManKind

SUPPORT & LISTENING GROUP FOR MEN

**It's a big step to say
"I need help."**

The world is changing

It's not weak to speak

**Come and chat
or just listen**

FREE SUPPORT GROUP FOR MEN

**Men account for 75% of
all suicides**

mankindcic.co.uk justgiving.com

***"Take one small step to
mankind and one giant
step for yourself."***



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