#ANDYSMANCLUB



ANDY'S MAN CLUB

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Wednesday 25 November

11:00 am - 11:45 am

Online

Presenter: Andy Barton

During this session, Andy will explore the why, what and how of Andy's Man Club, including the challenges many men face when struggling with their mental health and the importance of creating safe spaces where conversations can happen openly.

The webinar will provide an overview of the charity's work, how its peer-to-peer support groups operate, and how individuals can access support.

Join the conversation and learn how support can be accessed.