

# ONLINE MEN'S GROUP

Using Zoom, we provide a facilitated online safe place for men to not feel judged, to be understood and accepted when talking about their mental health

These FREE online sessions are for men registered with GPs in LS12 & LS13

Every Friday from 11am - 12.30pm

**Starting Friday 7th August 2020  
11am - 12.30pm  
(please ask for zoom link below)**

To find out more please get in touch:

 07341 736 298 (Mon - Fri, 9am - 5pm)  
*(Call, text or leave a voicemail)*

 [counselling@barca-leeds.org](mailto:counselling@barca-leeds.org)

