

# Cornerstone

A Men's Group for Better mental Health

Starts Monday 27th November 11.00 am—1.00 pm, then monthly there after

Be part of a new friendly group where men can come and be men.

- Better stronger mental resilience to the challenges of the world.
- Information on education, mental and physical health.
- Make friends.
- Learn new skills.
- No commitment.
- Meet up for a cup of tea and chat.
- This group is friendly and informal.
- Future sessions will include guest speakers and demonstrations of different activities.

Age 25+ all welcome. No need to book just come along

All for a donation of £1 which goes towards Tea, coffee, room hire etc.

Venue:

Community Roots, Queen Anne's Road,  
South Town, Great Yarmouth, NR31 0LE

Great Yarmouth & Waveney Mind  
28 - 31 Deneside  
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Norfolk  
NR30 3AX

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