**Men only Kintsugi Hope Wellbeing Group (6 evenings) starting Thursday 12th Jan 2023**

The emotional & mental health of the nation, particularly young people is worse than ever before.

It is clear that as men, we do not readily express our feelings and often suffer in silence.

We may suffer marked anxiety, depression and suicidal ideation. We may boil over with anger or/and feel shame & low self-worth. We may however actually feel fine because of coping strategies. Would you cope if matters got worse or you needed to help a friend? Would you consider training to become wellbeing group leader?

Along with the national effort, The Kintsugi Hope team are responding with offering a 6 week men only Emotional and Mental Wellbeing Course on Thursday evenings 7:15 for 7:30 with finish at 9:00 to 9:15 starting on Thursday January 12th and finishing on Thursday 16th February.

Venue: Outlet next to the Co-op 44 Embankment Road.

Co-ordinator: Steve Warren

To apply please visit [www.plymouthchristiancentre.org/courses](http://www.plymouthchristiancentre.org/courses) or /get-in-touch. *The sign-up page showing Autumn 2022 will be updated shortly*. Applications would receive our standard introductory information asking 2 questions which will help in safeguarding. If in doubt still apply and the coordinator will gladly discuss any concerns you have, over the phone/mobile.

The responses will go to the co-ordinator for confirmation and finalisation of numbers.