

# Directions For Men



**WHEN YOU'RE LOST  
IT'S OK TO ASK FOR DIRECTIONS.**

**WHEN YOU'RE STRUGGLING  
IT'S OK TO ASK FOR HELP.**

**JOIN OUR MENS TALKING GROUPS AND ACTIVITIES  
TO HELP YOU GET THROUGH THOSE TOUGH TIMES.**

**IT'S COMPLETELY FREE, CONFIDENTIAL AND YOU DON'T  
HAVE TO BE REFERRED, JUST TURN UP.**

**YOUR NEAREST SESSION IS  
NORTHENDEN - TUESDAY -6PM  
WEST VIEW COURT, WEST VIEW ROAD, NORTHENDEN M22 4LQ**



**Find out more at  
[www.directionsformen.org.uk](http://www.directionsformen.org.uk)**