

Craigsfarm Community Well-being and Resilience Programme Groups for Men



Men's Art Group

Join our inclusive Men's Art group for a space to nurture personal growth, creativity and emotional wellbeing.

Connect, create and flourish together.

At our Men's Art Goup, you'll discover your unique artistic voice while drawing inspiration from fellow members. Our small, close-knit group offers the perfect setting to enhance your skills and boost your confidence. Unearth hidden talents, forge meaningful connections, and watch your creativity flourish.

8-week course on a Friday – 11:00am-2:00pm begins Friday 15th September

Please contact us if you would like more information or a registration form:
admin@craigsfarm.org.uk



Andy's Man Club

**Introducing the new Livingston Andy's Man Club
#ITSOKAYTALK**

“At ANDYSMANCLUB, we want to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. We aim to achieve this through weekly, free-to-attend peer-to-peer support groups for men aged over 18.”

Every Monday evening 7pm – 9pm

For more information, email: info@andysmanclub.co.uk