
LET'S CONNECT

BLACK MEN'S SUPPORT GROUP

FRIDAYS AT 12PM TILL 1.30PM

**A Safe & confidential place to Meet
other Black men from the community.
Share ideas about identity,
masculinity, physical and mental
health, bereavement and more.
Gain support, In person and online.**

EXPLORE WHAT IT MEANS TO BE A BLACK MAN IN TODAYS WORLD

- BREATH WORK
- MOVEMENT [QI GONG]
- ARTS AND CRAFTS
- DRAMA AND GAMES
- SONG AND INSTRUMENTS
- SHARE AND LISTEN

TO REGISTER

Mobile: 07765 402297

Landline: 020 8459 6818

Email: info@bbsonline.org.uk

Website: www.bbsonline.org.uk

**Meeting place: 379-383 High Road,
Willesden, London NW10 2JR**