

# Men's Drop In Group



A safe space for men to talk about their experiences, wellbeing and mental health.

**Every Wednesday, starting 31st January, 7pm—9pm at  
Dartford Football Club, DA1 1RT**

**Light refreshments will be provided**

For more information please visit our **website**

[www.northkentmind.co.uk](http://www.northkentmind.co.uk)

**Call** us on 01322 291 380 or **email** [wellbeing@northkentmind.co.uk](mailto:wellbeing@northkentmind.co.uk)

Refer via our website at [northkentmind.co.uk](http://northkentmind.co.uk)

 **mind**  
North Kent