



THURSDAYS

2PM-3.30PM

3:30PM-5PM

SUNDAYS

6:30PM-8PM

For men, 18-25 year olds who suffer from a **mental health disorder** You can expect the **FREE** sessions to include exercise, mental health and wellbeing, tips on looking after yourself and integrating into society. To refer a participant or to self-refer please email, sue.quinn@mkdonsset.com or call **07551 156994**

Located at The Dome,
Woughton on the Green,
Milton Keynes, MK6 3EA



Central and
North West London
NHS Foundation Trust