

Improve Healthier Happier Positive New skills Empowered
Make friends Confidence Enjoyment
Resilient Grow Reach potential

MENTalk

#MakingADifference

MENTalk is a weekly group session, designed to bring men together to improve their wellbeing. Delivered by mental health specialists, professional sports coaches and expert activity instructors



MENTalk is delivered in four locations:

- Coventry • Warwick • Nuneaton • Rugby

If you'd like to get involved with one of our friendly MENTalk sessions, please get in touch today
robert.chandler@sbitc.org.uk | 07845 812639



07845 812639
robert.chandler@sbitc.org.uk