

Men's Mental Health Sessions: M.A.N.A.G.E for North East Essex

Sessions will take place on Tuesdays 11am - 12pm



Running with up to 6 men per cohort, the M.A.N.A.G.E sessions are FREE to attend and will span across 4 weeks and cover a variety of topics.

The aim of the sessions is to give the attendees tools and support for their mental health and wellbeing.

Men taking part in the sessions will be: A Resident of North East Essex ,18+ and interested in group support

Community360

Winsley's House, High Street, Colchester, CO1 1UG

 community360org  community360org  community360org  community.360org

visit www.community360.org.uk

Charity Number 04426567 Registered Charity Number 1092657



Together
We Thrive

M.A.N.A.G.E

Motivate, Animate, Navigate, Achieve, Guidance & Engage.
Providing support for men in North East Essex.

Please note: These sessions are not clinical and aim to offer lighter touch support.
For anyone who needs more in depth support it is advised to contact professional services.

Example Topics

Anxiety Coping Skills
Mindfulness
Wellbeing Techniques
Dealing with Conflict
Dealing with Difficult Conversations
Relaxation Techniques
Physical Activity
Art & Design
Creative Writing
Dealing with Loss
Addiction Issues
Healthy Eating Support
Employment Guidance

The four week sessions will vary and not cover all the above.
We will also be guided by attendees on the frequency of topics for their personal needs.

Sessions will be led not only by Community360 but, where possible, also with a range of organisations ensuring attendees are being connected to the wider community.

Supported by Community360 and the Community

Location

The sessions will take place, social distancing allowing, at Community360's
Community Hub 4-6 Long Wyre Street, Colchester CO1 1LH