



# Luton Men's Group

Our men's group offers a safe, comfortable and informal space, where you have the opportunity to talk about everyday topics and issues.

Groups are facilitated by a recovery worker, with discussions and activities that promote positive mental health and wellbeing.

**This funding was awarded by BLCF as part of the Luton Rising Community Investment Fund.**

The group runs weekly face-to-face from our Luton Wellbeing Centre.

## **How to access support**

Referrals can be made by completing the referral form on our website.

## **For more information, please contact:**

e: [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)

t: 0300 330 0648

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