

Newcomers &
Immigrants Welcome

COMMUNITY CONNECTIONS



Men's Health Focus Group

Thursday, March 12 | 6–8 p.m.

Come and learn about important issues affecting men's health and wellbeing.

Topics include:

- ⇒ Men and Mindfulness
- ⇒ Men and Self-Esteem
- ⇒ Men and Relationships

Make new connections, share and discuss, and feel empowered, alongside other men in your community.

All men are welcome!

**Mount Pleasant
Neighbourhood House**

800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mpnh.org

**For more information or to reserve a spot,
please contact Lamin:**

604.879.8208 ext 223 | LKassama@mpnh.org

Light food and refreshments
will be provided.