

Welcome to MG

Not Your Average Men's Group

From everyday stress to PTSD, we talk about it all. MG is all about looking after yourself – mind and body. Whether you're into sports, hitting the gym, or just trying to feel better, this is your space. Because let's be real: what's the point of a strong body if your mind's not in a good place? Now you can work on both – and actually enjoy it!

How many of you have heard of those phrases below?

Words can leave deep scars if left unaddressed – they can shape a lifetime. You might feel moody, snap at people, get into arguments... **but change is possible, and it starts now.**

From breathwork and learning to express yourself, to knowing your worth and swapping skills – this group has it all. Make friends (if you want to), try laughter yoga, or explore holistic therapies like psychotherapy, hypnotherapy, Reiki, Rahanni, Violet Flame, and counselling. We've also got meditation, relaxation sessions, and other treatments to help you unwind. Plus, there's a 24/7 call and text support service – **because you're never alone.**

For the times in your life when you need more,
contact 07512 616087

Grow up!

You a man
or a mouse!

Be a
man!

Boys
don't cry!

Don't show
emotion!

