

FREE WOMEN'S GROUPS

TUESDAY

This is Me 2-3PM

Wellbeing group for young women. Express yourself, make friends and build confidence through creative activities and writing.



Do Something Different with Battle Scars Open to all regardless of gender.

**Every 4 Weeks
06:30-7:30PM**

Self Injury Peer Support. Open up and share without risking judgment to help each other become stronger and find better ways to cope.



THURSDAY

Women Supporting Women with Humans Being (TBC)

Call now to reserve a space to take care of future you. Receive free ingredients to make natural skincare products. Take time for you, learn and share tips for looking after your wellbeing.



Let's Cook Together! Open all regardless of gender. 3-4PM

Learn a new recipe every week, share cooking tips and learn about eating healthily - all while making friends!



To sign up today contact Mentally Healthy Leeds on the details below!

This series of events is open to anyone who self-identifies as a woman, and to non-binary people who see themselves as partially or sometimes identifying with this gender and feel they would benefit from accessing a women-centred space. We are committed to challenging discrimination against trans and non-binary people and seek to create safe and welcoming spaces for all. If you have any questions, please direct them to the contact details below

FREE MEN'S GROUPS

MONDAY

Men's Social and Activity group 1-2PM

Men's weekly social activity group. Connect, meet up and have a laugh whilst making new friends.

Harehills Men's Social Group 2-3PM

Weekly social group for men. Fun, games, quizzes and much more!

TUESDAY



Guitar lesson 2-3PM

New members welcome! No experience needed, learn in an informal environment.

Do Something Different with Battle Scars Every 4 Weeks

Open to all regardless of gender.
06:30-7:30PM

Self Injury Peer Support. Open up and share without risking judgment to help each other become stronger and find better ways to cope.

Armley Mens Gardening 10-12am

Working with a team to create a lovely outside space at Strawberry lane, plating and designing the garden

WEDNESDAY

Wake up Wednesdays Armley Men 10AM-12PM

Join us for a laugh and connect to others in a fun and sociable atmosphere.

Out and About Open to all regardless of gender. 1-4PM

Get out of your normal area and explore the local countryside & industrial heritage of Yorkshire. Bus expenses of a day rider can be covered.

Learn to play Golf at Armley Golf Club 1pm-3pm

No experience or equipment necessary, come and learn from a qualified coach in a fun and friendly environment

THURSDAY

Let's Cook Together! Open to all regardless of gender. 3 PM-4 PM

Learn a new recipe every week, share cooking tips and learn to cook healthily!

Men's Meditation Class Starting 14Th May 7PM-8PM

Meditation for Men - Tools and Techniques to balance your mind and emotions, relieve stress, and live a happier life.

To sign up today contact Mentally Healthy Leeds on the details below!

This series of events is open to anyone who self-identifies as a man and to non-binary people who see themselves as partially or sometimes identifying with this gender and feel they would benefit from accessing a male-centered space.

We are committed to challenging discrimination against trans and non-binary people and seek to create safe and welcoming spaces for all. If you have any questions, please direct them to the contact details below.