



Supporting men's mental health in Keighley & Bradford

THERE FOR YOU !

We have two meetings on different days located in Bradford and Keighley.

You can attend both if you like, there is no charge but you can make a small donation to the venue costs.

MEET IN KEIGHLEY

All Saints' Church,
Highfield Lane,
Keighley
BD21 2DH

Drop in: Thursday: 1-3pm

MEET IN BRADFORD

MIND Offices,
Trade Force Building,
Cornwall Place,
BD8 7JT

Drop in - Wednesday: 1-3pm

"I joined the Keighley group whilst off work with severe anxiety and depression. For the first time I met men with similar issues and learned more about myself by doing so. The wisdom, friendship and responsibilities the group has given me have contributed to my recovery and enabled me to return to work. Being a member of Moving Forward is so important to me now. Things could have been very different."

By men, for men.

Moving Forward is a group for men, run by men – a friendly resource for your recovery and wellbeing.



We are a continuous support group that provides knowledge and guidance to promote good mental health and wellbeing:

Prevention not cure.

Learning to live well again.

Like minded people to share experience.

Empathy and compassion.

Be understood as a person not a patient.

Things can be so different! Continuous support.

Mental health is a complex subject. You don't need to face your issues alone. The group members understand this and they are friendly, compassionate and caring. The collective knowledge and shared experience available within the group makes it a great resource. They will make you feel at home and cared for.

The group has a great collective sense of humour and laughs are guaranteed. The meetings often overrun as no one wants to leave the company of the others! The group offers continuous on-going support that fills gaps in other mental health therapies.

Don't be alone and learn from others.

Learn about the building blocks of wellness to minimise the effect of your illness. Use wellness tools to maintain your recovery. Learn how to avoid triggers – those you know and those known by others.

Mob/Txt: 07506 078 428

Tel/Ans: 01535 930 272

Email: contact@movingforwardgroup.org

Website: <http://movingforwardgroup.org>



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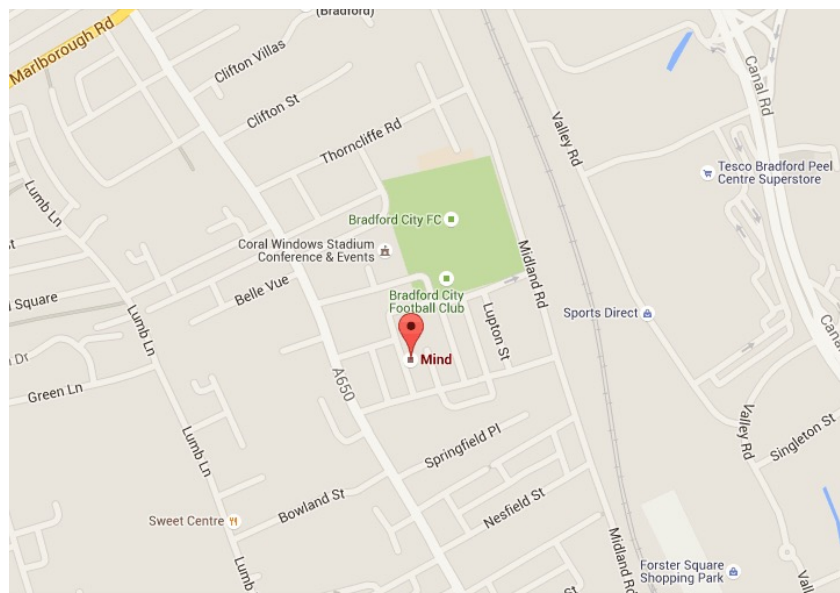
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Bradford Group Meeting

Mind Offices, Trade Force Building, Cornwall Place, BD8JT





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Keighley Group Meeting

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