



Mount Pleasant Neighbourhood House  
*Connecting Neighbours since 1976*

FREE OPEN NEW EXCITING

# MEN'S GROUP



**Build relationship, share skills, network, socialize, and create an opportunity for a positive impact in the community.**

- ◆ Would you participate in a group that emphasizes diversity, skills sharing, community involvement, and relationship among men?
- ◆ Would you like to share you skills, and views while learning and hearing from other men in a supportive environment?
- ◆ Would you like to have a positive impact on your community while developing life skills, connections, and self-compassion?

## **Our activities includes:**

Skill sharing workshops

Sport based events

Talks from guest speakers

Film screening/Pot-lucks

When: **Every Thursdays**

Time: **6PM - 8PM**

Where: Mount Pleasant Neighbourhood House  
800 East Broadway, Vancouver

Contact Lamin at [LKassama@mpnh.org](mailto:LKassama@mpnh.org) or call us at 604-879-8208, ext.223



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