

Improve Healthier Happier Positive New skills Empowered
Make friends Confidence Enjoyment
Resilient Grow Reach potential

MENTalk

#MakingADifference

MENTalk is a weekly group session, designed to bring men together to improve their wellbeing. Delivered by mental health specialists, professional sports coaches and expert activity instructors



MENTalk is delivered in four locations:

WARWICK - Tuesdays

- St Nicholas Park Leisure Centre, Banbury Rd, CV34 4QY
- 12.00pm - 14.00pm

RUGBY - Wednesdays

- Rugby School Sports Centre, Horton Cres, CV22 5DJ
- 10.00am - 12.00pm

COVENTRY - Thursdays

- Moat House Leisure Centre, Winston Ave, CV2 1EA
- 12.00pm - 14.00pm

NUNEATON - Fridays

- Jubilee Sports Centre, Greenmoor Rd, CV10 7EZ
- 14.00pm - 16.00pm



If you'd like to get involved with one of our friendly MENTalk sessions:
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