



MAN II MAN

A culturally responsive Men's Group designed to provide support to all men who want to improve their emotional health.

Improving the lives of African & Caribbean people affected by mental illness, their families, and carers around Sandwell.

0121 525 1629

Kuumba Centre, Boulton Road,
West Bromwich
B70 6NW

Registered Charity Number:1082017



What is the Men's Group & Who is it for?

This service is aimed at men aged 16 years and older.

We aim to support men who are from an African, Caribbean or Black dual heritage background who are suffering with mental ill health.

They may be experiencing issues including:

- Depression
- Anxiety
- Low self esteem & confidence
- Phobias

How is this achieved?

The Men's Group Support Worker will work within a culturally responsive framework tailored to your individual needs. We meet up at social gatherings, have one-to-one support and we will support you in the areas of your life that you would like to improve.