



Are you a man living in Dudley, looking for work and aged between 20 - 60 years old? If so, ManMade Dudley is a free half day, eight week programme designed to give you the skills to look after your own wellbeing.

Confidence Building And Self-esteem | Wellbeing | Physical Health |
Social Interaction | Suicide Prevention

If you would like to attend ManMade, either give us a call on 07585776800, or ask your employment advisor for more details who will submit your application. You can also just turn up on the at our first session on the 19th February. For more information go to www.forwardforlife.org/?p=2736

Life can be really tough at times for men - and tougher still if you don't have a job.

ManMade Dudley can provide you with the skills to look after yourself.

ManMade Dudley is an overall health and wellbeing training programme delivered by experts in their field.

Starting
Thursday 19th February 2015
9 AM - 12 NOON

Venue:
The Brambles
2 Priory Road
Dudley
DY1 1HH