



men2men in Ceredigionshire

Weekly Programme

Monday

Aberystwyth - Hahav - 10 to 4pm
Mens Wellbeing Group, woodwork, writing circle, men's sharing circle and 1:1 support

Tuesday

Cardished - Cardigan - 10 to 4pm
Variety of men's activities: woodturning, outdoor woodwork, garden, 1:1 support

Thursday

Cardished - Cardigan - 10 to 4pm
Variety of men's activities: woodturning, outdoor woodwork, garden, 1:1 support

Friday

Cardished - Cardigan - 10 to 1pm
Mens's outdoors activities

There are a number of new activities being planned for Autumn 2023

For the latest information click on <https://www.men2men.org.uk/ceredigionshire>

For the latest activities info for Cardished <https://www.cardished.cymru/>



FOR FURTHER
INFORMATION OR TO
BOOK A PLACE

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