

IRISH MEN'S FOCUS GROUPS

Have you experienced issues around

**Emigration
Loneliness
Isolation
Death of a loved one
Redundancy
Retirement
Or any other loss**

Would you like to join a group to share the experiences you may have with any of the above? The group will be a relaxed and social affair and could help you understand more about the effects of these feelings on your own and other people's lives. There will be 2 small groups run by 2 professionals, in order to meet a range of needs and ages. Confidentiality will be very important within the groups.

The groups will meet every Tuesday evening at the London Irish Centre, 50-52 Camden Square, NW1 9XB.

There is no charge for joining or attending the group.

If you are interested in joining the group or knowing more about it then please contact Nell at the London Irish Centre on 020 7916 2222



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