



**MEITHEAL MEN'S  
GROUP  
EVERY MONDAY FROM  
8TH APRIL  
12PM - 1PM**

**HAVE YOU IRISH  
ROOTS?**

MEITHEAL IS A GROUP  
OF IRISH MEN  
WHO COME TOGETHER  
TO HELP & SUPPORT  
EACH OTHER.

THE AIM OF THE  
GROUP IS TO PROVIDE  
A SAFE & SECURE  
SPACE TO TALK ABOUT  
CULTURAL, HISTORIC  
OR OTHER MATTERS  
THAT MAY AFFECT  
YOUR LIFE

FACILITATED BY:

JOHN THOMPSON  
PSYCHOTHERAPIST,  
ICAP

