

# JUST FOR MEN Project

**Free of Charge**

every Wednesday 1.30pm to 4 pm  
at

**Bognor Regis Youth & Community  
Centre**

Westloats Lane Bognor Regis PO21 5JZ

Why not join us for lunch & help us to help you, by telling us what you need or want from these weekly social gatherings just for MEN!!

Information, support, advice, or just socialise with other like minded men and have a game of pool, cards, table tennis and more!


**For further information contact Ian**

**07881580361**

**Or Tel: 01243 870406**

**Bognor CAN**

supported by

 **Frame of Mind**

