

Your Choices Men's Group

15 week Therapeutic Programme encouraging healthy life choices. Each participant is encouraged to honestly look at themselves and how their issues impact their own life as well as in their relationships with others.



Registrations are now open

- 7.15 – 8.45 pm Date to be confirmed
- Real Steps Trust Office Lounge
- 801B Main North Road. Belfast

All enquiries to Karen Fraser Ph. 323 7837 Wednesdays

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REAL STEPS Trust
Empowering people to make positive **choices** in life

