

HOSTED BY JAMES, SAFWAN, JACK & ANDREW



things I wish I knew in my teens & twenties

# LADS' CHATS

for ages 16-25



**tuesday, november 26**

**6:00pm - 8:00pm**

**group discussion about mental health,  
common experiences, & self-improvement**

**for YOUNG MEN led by young men**



**(FREE halal food & drinks provided)**