

TALK TO YOUR GP OR SIGN UP TODAY!

The Art of a Good Yarn Workshop



For Men aged 18–65

Looking for a Way to Feel More Connected?

Join our 3-week workshop designed to help you:

- Discover your **personal values** and what truly matters
- Overcome negative “Monkey Mind” thoughts
- Practice **better yarns** with real impact
- Gain **support** from peers in a safe, down-to-earth environment

Talk to your GP, Nurse, HIP or Health Coach for referral

- **Dates & Times:** 3 Tuesday evenings a month
- **Location:** Landsdowne Community Centre.
- **Support:** Facilitated by 3 Yarns Men.

Spaces are Limited

Don't miss out on a chance to feel more connected and confident.

- Call or text 0204 200 185
- Or speak to your medical centre to learn more
- Or sign up on our website

The Yarns Men

Sparking yarns and fostering connection for working age men in Christchurch.

Good Yarns. Better Days.

Scan QR Code to Register



www.yarnsmen.co.nz