

# THE MEN'S CONNECTION

## HEALTH PROMOTION PROGRAM

The Men's Connection is an 8-week group for positive social connection, learning practical skills, creativity, discussing common issues, and having fun in the process.

This free program is open to individuals who are:

- Male-identifying residents of Lanark or Leeds & Grenville Counties, and
- 18 years old and up

Please note:

Meals are provided and transportation is available

**Dates:** Wednesdays from February 7 to March 27, 2024

**Time:** 5:00pm to 7:00pm

**Place:** 2 Gould Street, Unit 118, Smiths Falls

**REGISTRATION REQUIRED** - please call 613-206-4425



Rideau Community  
Health Services

Your Community Health Centre

*Please note that registration does not guarantee admission*

RCCHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.