



# A supportive space for your mental wellbeing!

**Free group and one-to-one support for Black and POC folks in Lewisham.**

Join us at our Black and POC LGBTQ+ wellbeing service, where we prioritise your mental health and provide a safe, inclusive environment for individuals of all gender identities and sexual orientations. Our service is committed to fostering a sense of community and understanding, ensuring that you receive the care and support you deserve - while having fun all the way!

every  
2 weeks  
in the  
evenings

## GET IN TOUCH

METRO Mental Health

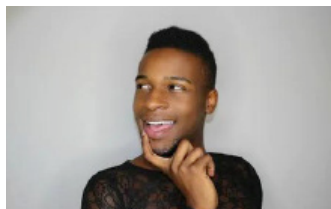
020 8305 5000 | [wellbeing@metrocharity.org.uk](mailto:wellbeing@metrocharity.org.uk)

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## Creative expression

An opportunity for People of global majority to express themselves through activities such as art therapy, mood collages, poetry, etc.



## Religious and cultural freedom

Queer people can experience challenges reconciling faith, sexual orientation and gender expression. Our Global Majority Group is a space to discuss these challenges, and meet others going through similar experiences.



## Driving ambition

Career paths are rarely linear. The twists and turns (good and bad) can create and aggravate mental health issues. Join us to navigate these journeys, and celebrate our challenges and successes, together.



## Safe space

This is a safe space to be yourself, meet like-minded people, and work with practical strategies to improve your mental health.



## About METRO

METRO is an equality, diversity and inclusion services charity that runs health, community and youth services across London and the south-east. METRO works with anyone experiencing issues around sexuality, gender, equality, diversity and identity across five areas: Youth, Mental health & wellbeing, Sexual health, HIV, and Community.

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**METRO**  
Embrace Difference  
Charity Number 1070582