



Are you a man struggling to cope because of a recent bereavement in your life or one in your past?

How do you cope and get through this difficult time in your life?

One option is to attend the ManMade Cruse group in Birmingham. It's for men who have experienced bereavement and feel lost as how to deal with it.

The group has a course structure and runs for 6 sessions. Initially you learn more about grieving and what it actually is.

With new understanding of what you are dealing with, you have a greater awareness of what you need to do to get through it. There will be plenty of time and opportunity to talk about your bereavement and what your struggles are.

However there is no requirement to divulge if you feel uncomfortable, you can engage as little – or as much as you like.



Cruse Birmingham reserves the right to refer an individual to another one of our, or a local service, if the group in question is not in the client's best interest.

The death of a loved one is devastating and the emotional roller-coaster that follows can impact hard on your mental, social and emotional well being. Also there is something about being a man that probably makes this world of emotion feel alien to you.

Life can be hard...but for some, because of particular circumstances, and more often than not, through no fault of their own, life can be much harder still. Connecting Community Networks recognises this and looks to protect and enhance citizen well-being and promote life quality. It oversees the delivery of a number of much needed holistic services that has real, evidenced based wellbeing benefits for some of our most vulnerable members in the community. CCN takes a different approach from many other traditional services by starting from a premise of vulnerability and risk due to life challenges and looking to demonstrate a positive resolution for the individual based on improved wellbeing.