

Sex Health Wellbeing and The Terrence Higgins Trust have come together to develop an on-line peer program for gay and bisexual men living in the rural and remote areas of Scotland.

This safe and supportive confidential on-line group will enable men to meet other men from across Scotland from the comfort of their own homes.

Each week will be focused on a different theme:

November 9th - *Stay safe online*

November 16th - *Relationships on and offline*

November 23rd - *Looking after yourself and others*

November 30th - *Self-esteem and self-awareness*

December 7th - *Groups choice*



Sign up available here: [Connecting men in rural areas Tickets, Multiple Dates | Eventbrite](#)

Should you have any queries, please contact 0808 802 1221 to speak to an Advisor