

NDG'S MEN SHED

A welcoming space for
men 45+

Looking to connect, share, and spend time with
others in your community?

JOIN US!

The NDG Men's Shed is a free, weekly drop-in space to talk,
learn, and build connections in a relaxed, supportive
environment.

Lift your spirits. Connect. Learn.

🕒 **Fridays | 10:00 am – 12:00 pm**

📍 **Eva Marsden Centre for Social Justice and Aging**

88 Ballantyne Avenue North, Montréal-Ouest, QC H4X 2B7

\$ Free

CONTACT KADEN!

514-487-1311 ext: 203
knelson@emcmtl.org



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