

OPEN GROUP FOR PUNJABI MEN

**AN OPEN GROUP FOR PUNJABI MEN TO
CONNECT, LEARN & DISCUSS TOPICS
THAT WE DON'T USUALLY TALK ABOUT.**



**A SPACE TO CHAT & SHARE THOUGHTS
OR SIMPLY LISTEN AND CONNECT.**

**WE WELCOME PUNJABIS FROM ALL
FAITHS AS WELL AS THOSE WHO
PRACTICE NO FAITH.**

**EVERY 4TH WEDNESDAY
BIRMINGHAM CITY CENTRE
6.30-8.15PM**

FOR MORE INFO OR UPDATES ON EVENTS:



THE HEERA FOUNDATION



@THEHEERAFUNDATION



HELLO@THEHEERAFUNDATION.ORG.UK



FOLLOW US!

