

THE FIRST RULE IS:

TALKING STATION

PLIGHT
CLUB

YOU DO TALK ABOUT IT

Welcome to the club.

Join the community - take a seat and say hello :)

Plight Club exists to inspire human connection.

It is built on the courage of people rebelling against the norm by talking about their vulnerabilities instead of hiding them.

The first rule is: you DO talk about it.

As a club we inspire + empower people to talk about how they feel so we can connect more deeply with ourselves + others.

Connection builds community.

Through our clothing our aim is a global community driven by the desire for change + to be there for each other.

How to support: You already are. Talk here then go to the website below to learn more. Profit from Plight Club pays for coaching for people in need.

www.plightclub.co.uk @plightclubhq