

MEN'S GROUP

A men's group is a place to tell the truth, a place to be heard, a place to be acknowledged and recognized for the gifts you offer. It's a place to support and challenge yourself and other men.

A men's group is a place to learn skills for healing conflict, building better relationships and achieving more success in every area of your life. Powerful men take the risk to sit in men's groups. Men who connect with others to learn and grow are happier, healthier, have better relationships and live longer than men who don't.

Join a group of men committed to bettering themselves, their families, their communities and the planet. **Take your life to the next level. Fully facilitated, safe and confidential.**

FREE One-Day Workshops

Sat Mar 1 / Sat Apr 12 / Sun Apr 27

Sun May 4 / Sat May 10

9:30am to 4:00pm

10256 112th Street

RSVP At: www.menmentoringmen.ca

