

MEN'S COMMENTS

"I figured I was alone... nobody could possibly be going through what I'm going through."

"You're not alone, there's a million other men going through the same stuff, and you don't have to go through it alone if you don't want to."

"It was awesome actually to find somebody that wasn't judging me and made me feel like he really cared."

"Nobody's there to criticize you, everybody's there to help you."

"We all have common ground; it makes you feel stronger about yourself... more positive about yourself."

"It's helped my personal life, my social life, my spiritual life. Just getting out and realizing that there are other people having these same kinds of problems."

"This was one of the wisest things I could have done for myself."

MEN'S
SUPPORT
SERVICES

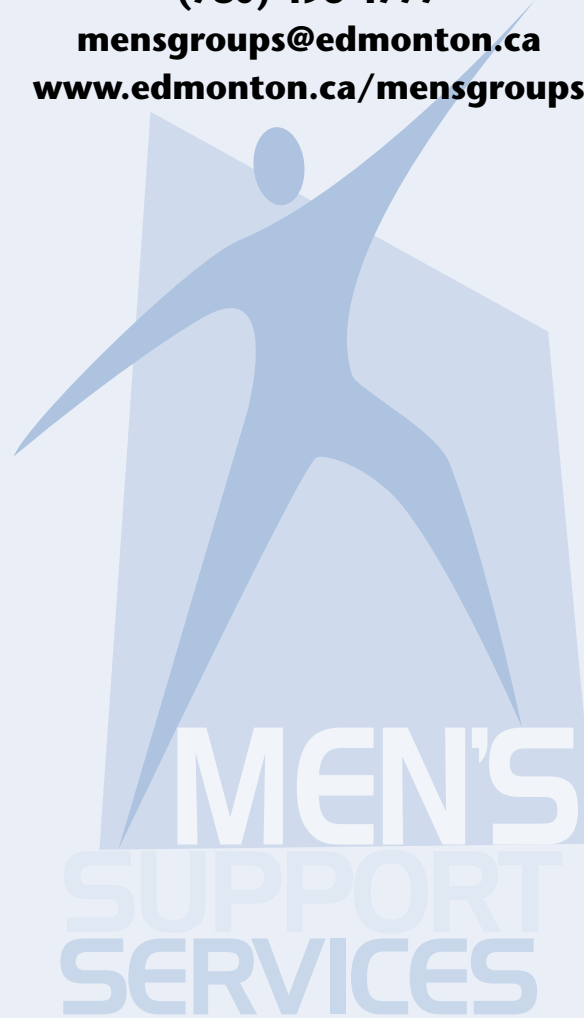
HOW TO REACH US

To speak confidentially with a professional social worker or to find out more about services provided, please contact us. A time and location can be arranged to meet your needs.

(780) 496-4777

mensgroups@edmonton.ca

www.edmonton.ca/mensgroups



MEN'S GROUPS

Unique Opportunities for Men to Engage in Personal Change.

SEPARATION, DIVORCE, DEPRESSION, SHARED PARENTING, HEALTHY RELATIONSHIPS, BEING A GOOD DAD

YOU'RE SUPPOSED TO HAVE THE ANSWERS

YOU DON'T NEED TO...

YOU DON'T NEED TO GO IT ALONE



MEN TODAY

Are expected to be independent, strong, in charge, able to solve their own problems...

WHAT HAPPENS WHEN THINGS FALL APART?

- Separation, divorce, a personal loss, parenting challenges, stressful relationships, an unexpected job change. All can seem sudden and isolating.
- You find out you have few true friends. You're distant from your family.
- You feel empty and alone.
- You appear fine. You put on a good show. You struggle by yourself, your problems are yours — no one would understand, not even your closest friend. You can't talk about this — you wouldn't know what to say anyway.

ASKING FOR HELP

- Means you've failed
- You've fallen short
- You're less than you should be

You've spent years doing what you thought was right and now...

You're alone.

You may have people around you, ...but you're alone...

WHAT'S IT ALL ABOUT: GROWTH

The men who participate gain:

- Understanding of how the past gets played out today.
- The ability to recognize/change habits.
- The support and encouragement to become who you want to be.
- New tools and skills.
- Encouragement and support to face challenges and make needed changes.

WHAT WE KNOW

We know you care about your relationships. You want to be in a healthy relationship and be a good partner or father.

You are important to your family and community.

You have value.

Confidentiality, trust, honest feed-back and learning from others — all help.

Reducing isolation, building stability, support and understanding — all help.

The genuine interest and trust from other men who have been there and professionals who work with men — all help.

MEN'S SUPPORT SERVICES

Community Services promotes and supports opportunities for men to engage in personal change through Men's Support Services.

INDIVIDUAL HELP

Speak confidentially with a professional social worker, knowledgeable about men's service needs. Also find customized solutions, as well as information and referrals to appropriate community resources.

GROUP PROGRAMS

Men Without Hats

A weekly drop-in group for men to give and receive support in response to a recent life challenge or crisis.

Men's Talk & Do Stages I & II

Education support groups for men wanting to work on personal development. Held once per week for 10 sessions.

Men & Relationships

A concentrated weekend workshop for men to deal with a current life crisis, heal from past wounds and to plan and initiate desired changes.

From Chaos To Peace

An education support group for men who have experienced intimate partner abuse.

Held once per week for eight weeks. A pre-group assessment is required.

COMMUNITY BUILDING

Community builders provide, manage and support social and recreation programs, organizational, community and network development. They educate service providers about men's support needs and often work in partnership to develop and promote the provision of innovative programs.