

Men's Groups

Unique opportunities for men to engage in personal and social change.

TESTIMONIALS

“ I figured I was alone — nobody could possibly be going through what I was experiencing. ”

It was awesome to actually find somebody who wasn't judging me and really cared. ”

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

We all have common ground. It makes you feel stronger and more positive about yourself. ”

“ It felt so good to know that I had the power to change. ”

HOW TO GET INVOLVED

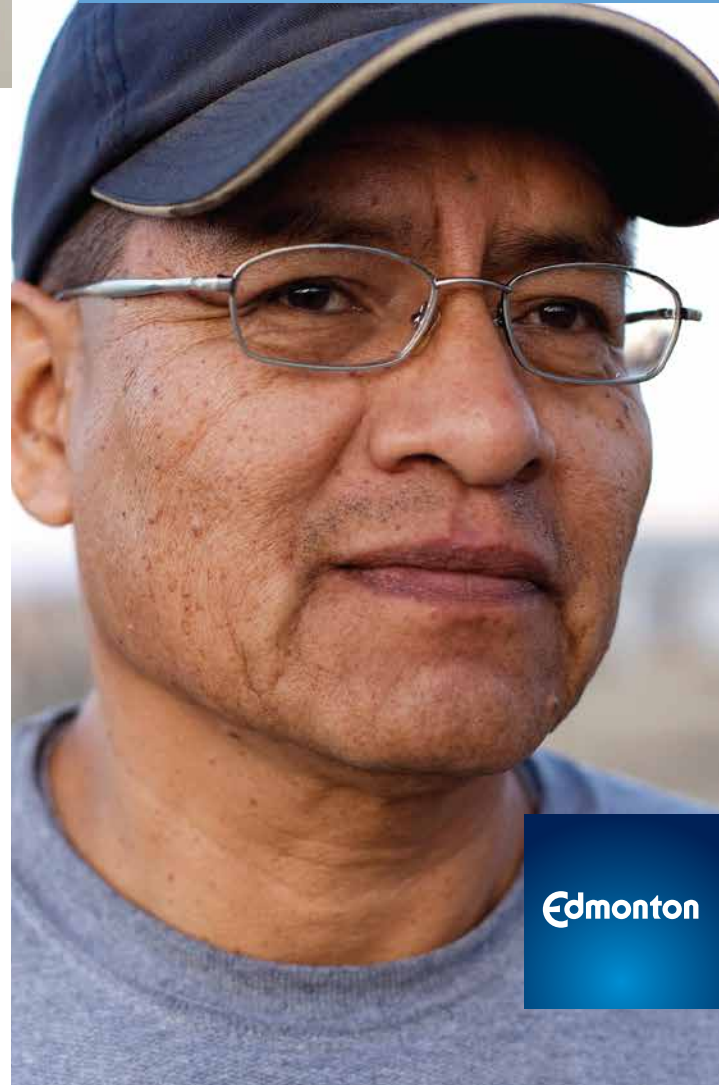
780.496.4777

City of Edmonton

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Call to speak privately with a City social worker or to find out more about men's groups.

Find additional resources online at edmonton.ca/familysupport or email us at mensgroups@edmonton.ca.





Men's Groups in Edmonton

The City of Edmonton's men's groups bring men together to listen, support and encourage one another in a safe and confidential setting.

The group provides individuals with honest feedback and opportunities to learn new ways of coping and communicating in their day-to-day life.

Individual Help/Resource Navigation

An opportunity to speak privately with a City social worker, to help you sort out your concerns and connect you to community supports.

Men Without Hats

A weekly drop-in group that helps men work through a recent life challenge.

From Chaos to Peace

A registered educational support group for men who have experienced abuse in their intimate relationships.

Community Involvement

Opportunities for men and boys to engage in efforts to prevent violence in relationships and champion change to build a healthier men's culture.

Separation, divorce, depression, shared parenting, being a good dad – you're expected to have all the answers. You don't have to go through this alone.