



Workshops for Men



The following workshops will be offered for men from September to December 2015. Rides or bus tickets will be provided and light snacks. ***Sign up for one or sign up for all at 250-740-2337.***

These groups are **NOT OPEN** groups, you must sign up.

When Bad things happen to a Good Person

September 9 – 30th - 4 sessions at the Health Center Kitchen from 6:00-8:00pm. This workshop will cover what happens to you when you have experienced something that has threatened your life while you were young. You will learn what you need to do to heal from the bad things that have happened to you.

Controlling Your Emotions

October 7th, 14th and 21st - 3 sessions at the Health Center Kitchen from 6:00-8:00. Learn to understand why somethings trigger your emotions and what is under your anger. Learn to connect to redirect your emotions.

Learning to Value Yourself

October 28th and Nov.4th – 2 sessions at the Health Center Kitchen from 6:00-8:00.

At the center of much of our existence is the sense of who we are in the world. Do you feel valuable, worthy and strong? Or do you struggles with shame and low self-esteem. Learn how to think differently.

Positive Communication with Those you Love

Nov. 11th- 25th - 3 sessions at the Health Center Kitchen from 6:00-8:00

Do you know how to communicate with people in your life. The most important relationships are with those we love yet they are who we often hurt the deepest with our words and our silence. Learn to express yours self respectfully.

Wounded Boys, Heroic Men

December 2, 9th and 16th 3 sessions at the Health Center Kitchen from 6:00-8:00

This workshop is for men that were hurt as children. The material and discussions will help you to face the past and help change your lives today.