

# MENS GROUP

Facilitator: Larry Binks

# COURAGE TO CHANGE

Where : The Yellow House

When: July-10,11,12,13

Aug -3,8,9,10

TIME: 4:00-9:00

Supper and Refreshments

Course Material Provided

## COME OUT AND EXPLORE:

- HEALTHY BOUNDRIES
- FEELINGS
- SELF ESTEEM
- SUBSTANCE ABUSE
- TRAUMA

## COMMUNICATION SKILLS

- BUILDING HEALTHY RELATIONSHIPS
- ANGER & LOVE
- MEDICINE WHEEL
- RECOVERY & RELAPSE
- FAMILY VIOLENCE

- DEALING WITH TROUBLESOME AND TROUBLED EMPLOYEES