



Growing male role models to leave uplifting influences on the world.

Are you feeling stressed, anxious, depleted, isolated, depressed, unhappy or stuck in a rut?
Maybe you suspect something's not quite right, but you are unsure on how to fix it?
Do you find yourself wishing for less drama in your life?

This group is designed to help - through promoting empowerment, invigoration, passion, excitement, support, self-esteem, confidence, a sense of purpose and increased feeling of belonging.

Join our six week Men's Group to help you and your whānau:

- Learn communication skills to improve relationships
- Improve your relationship with your partner
- Parenting skills to **raise our children's self-esteem** and confidence
- **A place to get support and a space to off load life's stress and worries**
- Become a role model in your community
- Controlling our anger to create a family environment of support rather than conflict
- Increasing meaning, a sense of purpose and confidence in your life

Please register to attend

Henderson

27 Corban Avenue, Henderson, HubWest Community Centre
Tuesday Evening – 6:00pm to 8:00pm

To register and/or for more information contact the Men's Group Coordinator
Ninwa/Grace (09) 274-7823 Ext 9516

Tāmaki Health ♥

Incorporating White Cross Local Doctors