

HOPE

When a relationship ends
men often suffer in
silence on their own.

HELP

Feelings of
embarrassment, shame
and unworthiness are
common.

HEALING

Introducing workshops designed for
MEN.

Men deal with hurt differently to women and often don't want to burden their family or friends, so these workshops have been designed with that in mind:

- You can talk – or not
 - You can share – or not
 - You can listen – or tune out
 - You can learn – or forget
 - You can help others and heal
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- ✓ You will be shown strategies that you can use to help you cope in your day-to-day life
 - ✓ You will hear from men that have experienced what you are going through
 - ✓ You will be in an environment that is free of judgement
 - ✓ You can choose how you wish to participate

Each session is on a Thursday from 7.30pm – 9pm

DATES: 11, 18 & 25 Nov and 2, 9 & 16 Dec

Location: 31 Hoadley Ave, Frankston South

Weekly cost: \$20 or \$110 upfront

FBC Members: \$15 per week

Booking is essential, please contact

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Amanda has a Bachelor of Communications and is currently completing her Certificate IV in Life Coaching with the Coaching Institute of Australia.