

# 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.