



**Men, don't face
problems alone.**

**Everyone benefits
when we learn how to
talk about our stuff.**



Know Me(n) Better

- April 18
- May 16
- June 13


7-9pm in the Christie Hare
room at the Harry Lumley
Bayshore Community Centre
1900 3rd Ave E, Owen Sound

Entrance is free.
Donations are appreciated
to help cover costs.

For more information
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KNOW ME(N) BETTER



Sometimes men need a
place where they can
talk to other men about
the things we struggle
with and how to get
through. We're hosting
conversations to make
that possible.

THE PROBLEM



Men struggle and we are often told that it's not okay for us to show weakness.



When we think we can't reach out we often feel alone, turn to substance abuse, or use violence to solve problems. Our communities don't have enough places where men can speak openly and honestly with other guys.

THE OPPORTUNITY

If you're feeling pressured or challenged then you're not alone. Talking with other men can help.

WHAT WE'RE DOING AND WHY

Why get together?

In November 2017 we held a one-day forum for men and service providers to learn and speak about men's lives. People wanted to keep the conversation going.

Who can come?

These sessions are open to anyone who identifies as male aged 16 and over.

Talk about what?

These first three sessions will help us figure that out. The conversation topics will be open. We'll collect ideas to shape more events we plan to hold across Grey and Bruce counties starting in the fall. Generally we want to talk about the struggles men experience and how we can address them in safe and healthy ways.



Possible discussion topics

- Dealing with anger, anxiety, and depression
- Financial and family pressures
- Fatherhood & father figures
- Role models for boys and men
- The impacts of porn
- Effects of victimization
- Men using violence
- Racism

The discussions will be informal and will be guided to make sure that everyone who wants to speak gets a chance. We want to make sure that the conversation is respectful and that no one feels pressured to speak.

We ask that participants arrive sober.

Men need support and community. If we work together we can create them for each other.