

Help for Men

who are

Hurt, Angry, Sad or Lonely

Anger Management

Communication & Relationships

Mindful Meditation for Serenity & Wisdom

Self-Regulating Your Thoughts & Feelings

Meaningful, Purposeful Living

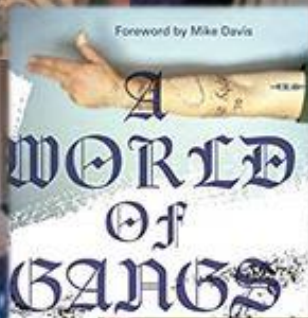
Community Workshops & Personal Coaching

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A Sponsored Program of Five Skills to Improve the Lives of Men

	Time	Program
1	9:00 am	Anger Management
	10:00 am	Break
2	10:15 am	Communication & Relationships
	11:15 am	Break
3	11:30 am	Mindful Meditation for Serenity & Wisdom
	12:30 pm	Lunch
4	1:30 pm	Self-Regulation of Your Thoughts & Feelings
	2:30 pm	Break
5	2:45 pm	Meaningful Purposeful Living
	3:45 pm	Closing Thoughts



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We need wise adults to guide the young to have productive, healthy lives.

	Unhealthy Development	Healthy Development
1	Lack of wisdom and guidance of the young	Guidance by wise adults
2	Lack of quality education	Quality education
3	Lack of knowledge and skills	Knowledge and communication skills
4	Lack of healthy, sustainable work	Healthy, sustainable work
5	Lack of loving relationships	Healthy, loving relationships
6	Lack of healthy family and friends	Healthy, loving family and friends
7	Self-centered, isolated, intolerant	Mental, emotional and social skills
8	Addictions	Meditation for serenity, wisdom and self-care
9	Resentment, hostility and violence	Compassion and positive activities
10	Criminality	Helping others and the community
11	Deterioration of families and society	Improvement of families and communities
12	Deterioration of nations and world	Improvement of nations and the world

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