

Men's Group Introduction – September 2023



We all face challenges in life. Men often feel we need to deal with these on our own. But our experience is that in the right environment, men can really help each other. In sharing our concerns in a Men's Group, we become less alone.

Why you might be interested in joining us

Men join our groups for many reasons:

Relationships are difficult

When it comes to feelings and intimacy, as men we often feel challenged and find connection elusive. Hence relationships at work, with our partners, with our children or parents can be a struggle. We might find ourselves reacting to demands by passively agreeing or going quiet to avoid difficulties. Or the opposite, by reacting aggressively and impulsively. Or we might keep our distance and focus on the areas we feel confident in, such as work. Perhaps some of what we learnt from our fathers is not serving us well.

Questions about what is it to be man

Many people argue that as men we have lost our way. How can we find our purpose? How do we respond to the harmful things we see some men doing? How do we find our own way where we do not lose what is good about being a man, whilst taking responsibility for our actions?

Having no place to talk

Talking to our partners may be possible, but they have their own perspective and desires. These may clash with ours. Talking to friends about more serious things, how we really feel, when there is a light and jokey relationship can be scary. Will we be judged?

What is the men's group

A group of 6-8 men who, like you, are curious and want to explore their experience of being a man.

A group, led by us, which is a safe non-judgemental space, where you can talk about whatever is important to you. Where you can hear about how other men think and feel about the challenges in their lives.

A group where you'll meet the same men every other week for 2 hours online for 6 meetings.

What will you get out it?

You'll find you are not alone. You'll get a better sense of who you are; what is valuable about yourself as well as what you would like to be different. You may learn new ways of being that you can take back into your relationships, become more confident and play a more active and engaged part in your world.

The Details

So, if any of the above resonates and you are curious to find out more, then you are most welcome to join us.

We'll be meeting for 2 hours ONLINE, alternate Tuesdays 6.45-8.45pm (UK time), beginning with a taster session on 19/9 and then running for 6 further meetings. We will use the ZOOM platform for our meetings. We will send diary invites / sign in details in advance by email. The dates for our next group are:

19.9.23 Taster session
03.10.23 Meeting 1
17.10.23 Meeting 2
31.10.23 Meeting 3
14.11.23 Meeting 4
28.11.23 Meeting 5
12.12.23 Meeting 6

The first meeting will be a taster session, so you can experience what the group is like before deciding whether to sign up for the entire programme. The fee for the taster is £20 and is payable in advance.

Assuming you wish to continue, payment for the 6 subsequent meetings will be a single payment of £100 before Meeting 1.

Next steps

We have widely circulated details of this programme and anticipate interest will be strong. If you are interested in finding out more please email us ChrisSiver14@gmail.com and christopher.riley3@googlemail.com. We will then reach out to you to introduce ourselves and set up a call to answer any questions you may have.

You can find out more about our group by visiting our website – www.menofallages.co.uk