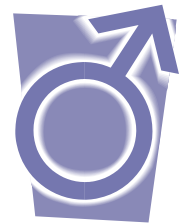




Men's Group

For Men with Developmental Disabilities



DATE: Wednesdays, February 3rd to April 6th, 2016.

TIME: 10:00am– 11:30am

LOCATION: 1914 9th Ave SE, Calgary.

COST: \$10.⁰⁰

A brief interview will be conducted with each applicant prior to the start of the workshop to ensure that it will meet the needs of those who attend.

For more information or to arrange an interview, please contact Elyse Seppala:
403-207-5115 ext. 264

Applications must be in by Monday January 11th, 2016.
Those applying after this date may not be accepted into the group.

Applications can be sent to:



MAIL:
Elyse Seppala
Supported Lifestyles Ltd.
#210, 495 36th Street NE
Calgary, Alberta T2A 6K3



FAX:
(403) 207-5125
Attn: Elyse



seppalae@supportedlifestyles.com

Some topics included are:

- ◆ The concept of “manliness”
- ◆ Goal setting
- ◆ Men's physical health
- ◆ Emotions
- ◆ Communication
- ◆ Relationships and boundaries
- ◆ Problem solving

