MEN in touch

"Now is the time for men to love." --- sequoia

We are excited to be expanding our work: building a genuine community of caring men in Vancouver [and beyond] who want:

- ⇒ to explore what it means to be a man in the 21st Century;
- ⇒ to move beyond limiting labels like "straight" and "gay";
- ⇒ to discover together the power, wisdom, and compassion of men's true hearts

Join us as we discover who we are as individuals, and envision the kinds of connections we want with one another.

Men,

are you ready to ...

- re-vitalize your body?
- set aside your busyness and distractions… to "unwind" your mind?
- connect with your purpose and sense of meaning?

Get in touch

Join **Alfred DePew** and **Sequoia Lundy** (and **Guest Facilitators**) for

a series of men's evenings to

Discover the Power of Men's Hearts!

Come, create Courage /Connection / Compassion

Take time-out to really tune-into to your body's natural intelligence, your heart's wisdom and your vision about the kind of manhood you dream about.

Discover something new to increase awareness about yourself and other men, through:

- ⇒ **gentle movement,**
- ⇒ **guided imagery,**
- ⇒ **simple non-sexual touch,**
- ⇒ **journaling,**

YOU CAN EXPECT:

- ⇒ a welcome to all men
- ⇒ a drug and alcohol free space
- ⇒ your boundaries to be respected
- ⇒ confidentiality agreed to by all
- ⇒ fun and relaxation
- ⇒ authentic connection with you and men in our community

Schedule: every month: 2nd Monday and 4th Wednesday

- 6-7 [optional] meet over a light supper at an international bistro [cost: less than $10], then move down the hall:
- 7-8 *Get In Touch* with yourself
- 8-9 *Get In Touch* with each other

Where: near the Hotel Vancouver

Register: call 778-786-3677 ext 3 or email: menintouch@growinghealthier.com

[leave your name, contact phone and email address; we'll reply with the venue address.]

Donation: $20-10 [no one turned away for lack of funds]: cash, cheque, Visa/MasterCard

www. MEN in touch ORG

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