



**"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?



presents

**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,
- => speaking intentionally from your heart, and
- => listening without judgment .

**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:** 2nd Monday and 4th Wednesday each month  
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

**Info: [www. MENin-touch.org](http://www.MENin-touch.org)**