

Mental Health for Men

Improve your Relationships

A ten-week group for men

May - Jul 2024



“ how to be a better partner, better relationship with Dad, to drill a bit deeper, anger, anxiety, get to know myself better, more aware of myself, change controlling behaviour, be more thoughtful about how I say things, useful to know how I come across...”

What's most important in our lives is people, the people we love, people who give meaning to our lives, people who are in our hearts and are part of us. The aim of this group is to assist you strengthen your connections with these people, to look at what could be getting in the way of this, and exploring how you can **improve your relationships** with them. They may be partners, parents, children, friends, other family, colleagues, anyone who is important to you. There will be opportunities to learn to deal with conflict better, communicate more effectively, gain greater understanding of yourself, and bring new life to the way you relate to others. Learning will take place through teaching, group interaction, and a range of action methods. For more information contact Marcel, or go to: www.marcelvanderweerden.com

When: Ten Thursday nights, **16, 23, 30 May, 6, 13, 20, 27 Jun, 11, 18, 25 Jul (no sess 4 Jul)**
6 – 8.30pm (**please arrive at 5.45pm for a 6pm start**)

Where: St. Francis Hall, Holy Trinity Avonside, 168 Stanmore Rd, Linwood, Christchurch

Cost: \$320 -waged (limited subsidised places for low waged/unemployed)

For further information and to enrol contact:

Marcel – Phone/txt **0274774439**, email marcel50@xtra.co.nz or visit www.marcelvanderweerden.com

Limited spaces available.

Workshop Leader: **Marcel van der Weerden** (MNZAC, PBANZ, AANZPA, ACC Regist.) has worked as an individual, couple, and family counsellor, and group leader over the last twenty-five years. This includes work with men individually and in groups. He is a psychodrama practitioner and works as a psychotherapist and counsellor in private practice.