

Home Improvement: Men in Relationships



MCC BC is pleased to offer a program of support for men who wish to learn healthier ways of being in relationship



Core Beliefs & Values

- Safety for women, men, and children
- Compassion and respect for all
- Equality of value, deservedness, capacity, and worth
- Relationship centered group
- Belief that Change is Possible

Support and Accountability

- Home Improvement peer group meets 2.5 hours weekly for 15-20 weeks

Eligibility

Men who...

- want healthy relationships
- take responsibility for their behaviour
- desire change, are willing to work toward change,
- and who believe that change is possible

Comments from Participants

“The group sharing was very powerful”

“I am way more aware”

“A new way of thinking is more normal for me now”

“It was life changing for me”

Sign up today for a reasonable fee (negotiable).

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