



YOUTH TO MANHOOD 2015

AN EVENING GROUP FOR 14 TO 17 YR OLD BOYS

- Is your anger getting you in trouble?
- Want to make better choices?
- Need support to make a change?

ChangeWorks YOUTH TO MANHOOD Evening group is a 16 week (one night per week) course designed to help young men have better lives.

Course Covers:

- Strategies and skills to deal with emotions
- What I need to know about communication & building trust
- What I need to know about esteem, mine and others
 - How has my Family of origin shaped me?
 - Relationship issues with other people
 - Substance and addiction issues
 - Power, what is real power?
 - Where am I going, goals and motivation?
- Where do I choose to be in my community?

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