

*Ann Davis Transition House opened in 1979. The organization is operated by a dedicated staff, committed volunteers and a Board of Directors.*

*What began as the provision of a safe place for abused women and their children has grown to include counselling, information, advocacy and community education. As our knowledge increases, we revise programs and develop new ones to help people address the issue of abuse.*

*The Society is a non-profit organization.*

*You can say "No" to violence by sending a tax deductible donation to the Society office.*



### **Ann Davis Transition Society**



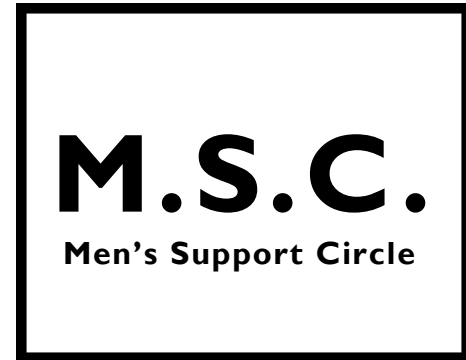
Programs funded in part by  
BC Gaming Commission  
&  
Chilliwack Bingo

Ann Davis Transition Society  
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Chilliwack BC V2P 4R6

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Supporting Men  
Through Challenging  
Times



**Ann Davis Transition Society**

Tel: 604-792-2760

# M.S.C.

## Men's Support Circle

Is a comprehensive program designed to promote the well being of men and their families. Preventative in nature, this program addresses the health and welfare of men by empowering men to make healthy choices in their lives and to establish strong support networks and violence free relationships.

This time is designed to enable men to build and nurture positive self-esteem for themselves thereby improving their personal relationships.



### **Facilitated by Brian Emery, M.S.,CCC,RCC**

Brian is a therapist who works with parents and families and facilitates a variety of groups at Ann Davis Services.

### **M.S.C. will...**

run one session per week for a total of six weeks.

Each session will consist of information and support that will provide men an opportunity to address a number of different issues with regard to establishing and building strong relationships.

Topics may include:

- Developing healthy self-esteem and self worth
- Practicing effective communication
- Accepting self responsibility
- Addressing relationship violence and abuse
- Adopting constructive non-violent ways to resolve conflicts
- Practicing good coping skills regarding stress, anger and frustration
- Gaining a sense of healthy interdependence
- Developing optimism and maintaining a sense of hope
- Making healthy personal choices
- Making positive changes

### **M.S.C. is...**


for men who are experiencing difficulties with self-esteem, depression, abuse, coping skills, and/or anger in their lives.

### **M.S.C. is...**

- interactive
- structured
- educational
- informational

Group discussion is encouraged in a safe, non-threatening, supportive learning atmosphere.

For registration information please call:

|  |                                     |
|--|-------------------------------------|
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