



# Men's Circle of Courage Healing "Becoming Whole"

Community Service Building  
1900 Quail Lane  
Westbank BC V4T 2H3  
Every Thursday  
1<sup>30</sup> pm to 3<sup>30</sup> pm  
In room 219 'The Classroom'

## Highlights of topics for discussion :

- **Anger & resentment – letting it go.**
- **Learning to love yourself, laughter & generosity.**
- **Understanding the role of a responsible father.**
- **Spirituality & sobriety**
- **Leadership, wellness, parenting (Mr. Mom).**
- **Self care, time management, balancing work, home and stress.**
- **Personal development and change.**

Contact Richard Jackson Jr. for more info.  
250-768-0227

*Community. Leadership. Pride.*