

# WHAM

## Wellness & Health Action for Men

We at Thrive Recourse Centre in response to feedback from community members concerning gaps in services for men in our community, are excited to announce the Wellness & Health Action for Men (WHAM) a brand new support group for men.

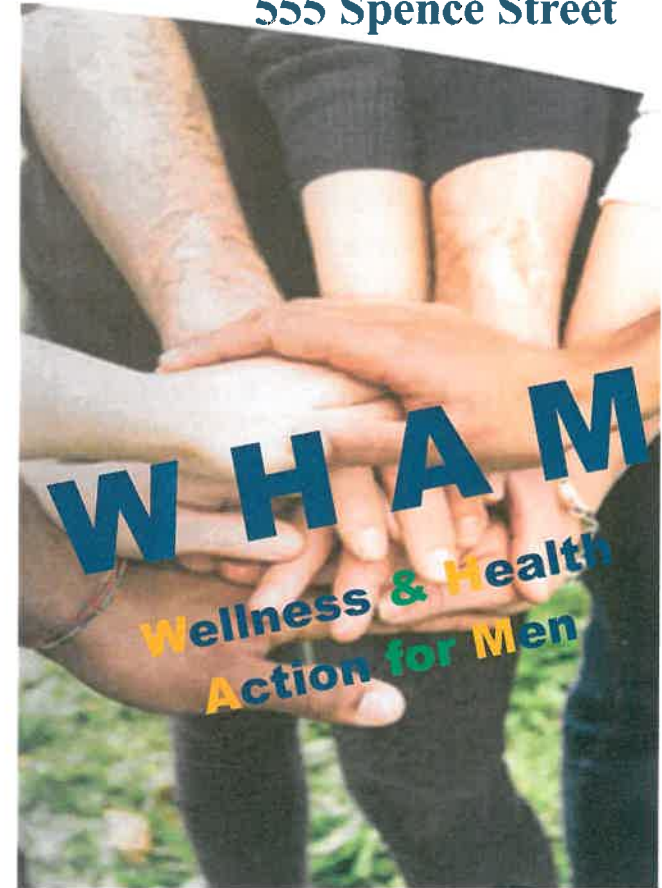
The WHAM program is a group for men who want to address their life issues in a positive, inclusive and supportive environment. The goal of the group is to give support to men by offering different solutions through teaching, listening and sharing.

The group offers an experiential process which involves interpersonal conversation, giving and receiving feedback, and challenging one another to develop more constructive patterns of behavior. Each group begins with a brief check-in and ends with a brief check-out.



**Mission:** "THRIVE Community Support Circle is an inner-city agency dedicated to offering services that support, women, pregnant women, men and children, at all stages; to cultivate family life, empower individuals and grow community"

Resource Centre  
555 Spence Street  
Winnipeg, MB R3B 2R9  
P: 204.775.9934  
F: 204.774.2161  
E" thrive1973@gmail.com  
W: thrivecommunitysupportcircle.com  
Like us on Facebook



A safe space for men  
to share and learn,  
heal and grow



## How can we help

Are you having...

- Difficulty trusting others
- Struggles with relationships
- A need to please others
- Problems with loneliness
- Anxiety with social situations
- Issues with alcohol or drugs
- Feeling of angry or frustrated
- Problems communicating
- Issues with self-esteem

Lets talk about...

- Becoming more successful
- The challenges you face each day
- Understanding who you are
- Your meaning & your purpose
- Discovering yourself

For more information  
please visit our website

## Personal Growth

This group can help alleviate feelings of alienation, isolation, despair and hopelessness. Thrive offers this alternative to achieve a better awareness of who you are through communication, compassion, and support.

WHAM will support your growth by helping you...

- Better understand who you are
- Create the type of life you're always wanted
- Exercise a new sense of personal empowerment
- Make specific plans for changing certain behavior
- Achieve positive solutions to dilemmas and instability
- Learn how to trust yourself and others
- Learn more effective social skills
- Develop the ability to support others
- Reduce the sense of shame, isolation and fear
- Discover your self-worth
- To communicate with others through honesty, care and open-mindedness

Please call 204.775.9934 to make an appointment  
for Intake & Registration

