

Men Working With Men

We work together to
develop...

Communication Skills
Listening Skills
Assertiveness Skills
Self Awareness
Group Experience
Non-violence

We are an experienced group of fa-
cilitators.

We are from all walks of life with a
wide range of age and experience.

We have regular professional supervi-
sion.

What men think about Mensline...

“A privilege to be involved with this group.”
— Nigel

“[I’ve gained] ideas for communicating more
effectively with my partner” — Chris

“I am leaving tonight feeling two tons lighter,
much more relaxed and with some forward direc-
tion.” — Alex

“The group gives me the chance to safely vent
my thoughts and feelings. I find great support in
the fact other just like me have similar prob-
lems...” — Robert

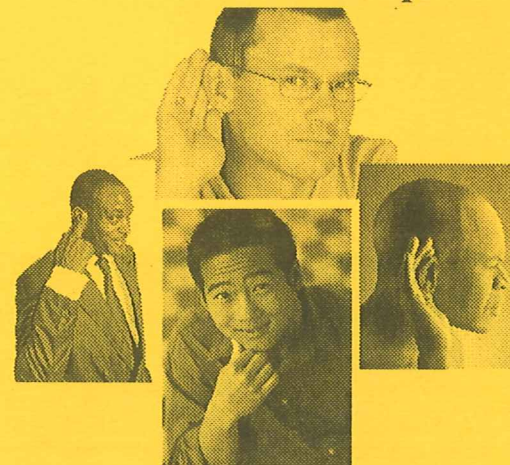
“The facilitators have my heartfelt thanks for the
sharing of their time, energy and empathy.” —
Darron

“Keep this programme running!! I am sure there
is a multitude of men who are not aware of all
their options... I feel the group has given me the
options to create a better life for myself and
those around me!” — Corey

MENSLINE Christchurch (Inc.)

141 Hereford st
Christchurch
Phone (03) 365 4239
www.mensline.net.nz

Join a Men’s Group!



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MENSLINE:
The Men’s
Group

Join A Men's Group!

Mensline invites men
to our weekly Men's Group to:

- Share experiences and ideas in a non-judgmental environment
- Be listened to and accepted for who you are
- **Take action** on issues affecting your life
- Solve problems
- Be respected
- Talk in a confidential environment
- Explore ways of developing **better, more fulfilling relationships** with:

Partners

Family

Friends

Children

Mensline is one of New Zealand's oldest men's groups and has been running since the 1980's. Groups are run by experienced facilitators

(all men with a deep interest and long experience in Men's and Fathers' issues).

They maintain a safe and confidential environment.

Tuesday Evenings, 7:30 – 9:30
(sorry, no latecomers)
141 Hereford Street
(Between Colombo and Manchester sts.)
\$5 cost

Phone (03) 365 4239
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