

Stories from Men who have been through Man Alive

“ My father should be here. I want to do this work now, so that my son never does what I did to get here. ”

“ For me it was finding the way back onto my feet. ”

“ Men learn best in each others space. ”

“ The guys helped me start a **new life**.
I'm **happy** for the first time.
My new partner trusts me.
I **recommend it.** ”

“ Didn't want to be here at first, but I'm so glad I did. ”

“ I want the kids to have it better than I did.
That's why I'm here. ”

CONTACT

Man Alive Men's Centre

Offices in:

Henderson – Panmure – Onehunga – Helensville

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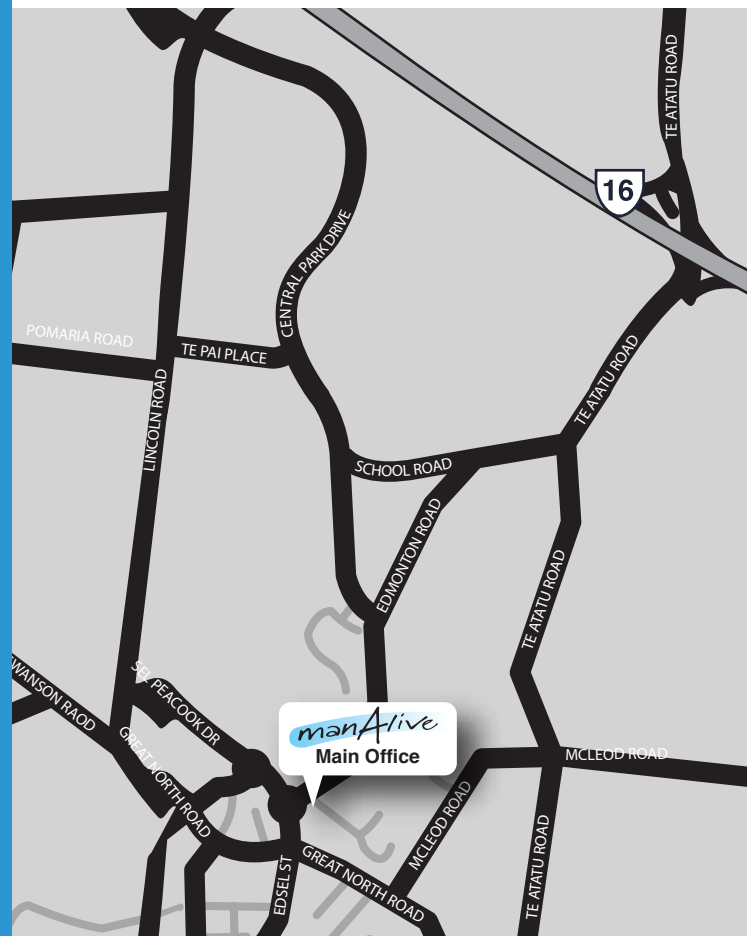
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If you want to support the work of Man Alive by making a **donation** just contact us to find out how. All donations made to us are tax deductible and most welcomed.

THIS BROCHURE WAS CREATED THANKS TO THE GENEROUS SUPPORT OF:



manAlive
Tane Ora

Men's Centre

Living Without Violence programmes

Counselling

Youth and Boys programmes

Life Skills



Programmes and Services Designed for Men, by Men

Man Alive provides programmes and services for men, adolescents and boys so they can change to live positive whole lives in harmony with their families, whanau and community.

Living Without Violence and Te Ara Taumata Ora

Man Alive runs life-changing **Living Without Violence** courses that will help you understand why you get angry and how to deal with your feelings before they explode into anger.

Over ten years Man Alive has developed a unique approach to non-violence courses.

Participants work in a group of 16 men with two facilitators, once a week for 2.5 hours over 20 weeks. We'll also arrange one-to-one counselling if it's needed.

Our Maori programme, **Te Ara Taumata Ora**, uses the same themes delivered in culturally appropriate ways.

Counselling for Men, by Men

Man Alive counsellors are trained and experienced in dealing with men's issues, so they'll understand yours.

They'll help you develop a broader range of options to deal with the issues. As your choices increase, you'll feel better about yourself and your life.

The challenge is for you to ask for support.



Family and Couple Counselling

The goal of family counselling is to achieve personal and family well-being and to recognize and strengthen the existing supports and resources you have as individuals and as a family.

Couple counselling can help you restore connection, belonging and intimacy in your relationships.

Youth and Boys Programmes

Boys Alive

Boys Alive is a fun filled, action packed, eight week programme for boys in year 4-8 (8-12 year olds) who may have a lack of positive male role models, behavioural difficulties or issues around anger, relationships, communication, self-esteem or identity.

Youth Counselling

Our Youth Counsellors are trained and experienced specialists in working one-on-one with male youth on a wide range of issues.

Growing Men

A 12 week one-on-one programme works with anger, bullying, aggression, peer pressure and other important issues for young men.

Life Skills Programmes

Man Alive offers a range of life skills programmes including:

Men in Relationships

Men in Relationships is a 12 week course that could change your family and work life. It is a course designed to help deal with stress and conflict. It will help you come closer to your family.

Men's Change and Support Group

Men often find themselves in situations where they are expected to deal with big change in their lives and with little support. This group is an open, easy-going group of ordinary guys who have had crisis and change in the past, helping men who are going through hard times now.