

# MEN'S JRNY

## Workshop



18051 River Rd, Suite 103.  
Noblesville, IN 46062

A supportive men's workshop aimed at exploring our relationship to masculinity to become a better man, and a better you.

## What is Men's JRNY?

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- The workshop will meet twice a week (Tuesday & Thursday) for 8 weeks.
- Each gathering is 75 minutes long, starting at 5:30pm.
- Confidential and judgment-free space to process experiences around:
  - Confidence & Bravery
  - Body Image
  - Sex & Love
  - Success and much more!



Call **317-660-1818** to schedule!

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14-15

The age that boys report most deep friendships are gone

3-8X

The rate that men die by suicide more than women

900

The amount of miles most men drive in their lifetime instead of asking for directions