

Men and Meaning **SUN 17 APRIL** **Living our lives in a purposeful way** **DAY RETREAT**

Take some time out for YOU. Connect with others. Reflect on your goals/purpose.

"Each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible". -- Victor Frankl

For most of us life is a constant of busy-ness. Whether it's commitments to family, to work, or other pursuits, we can often find ourselves on a sort of treadmill, often tired and uncertain. Rarely do we find the time, or the opportunity, to stop and reflect on our lives. This includes the meaning of what we do, as men, the roles we may assume and what may be our sense of purpose – now and into the future. *While for some such reflection may focus on necessary changes and better ways of responding to struggles they may be experiencing, for others it may be a way of consciously acknowledging what is important and validating more clearly their current life circumstances.* Tony Gee, retreat facilitator/psychologist



This workshop – **open to all men** – offers an opportunity to explore these questions.

- A One Day Workshop based on discussion and self-reflection that can include walking/connecting with nature, journaling, and conversations with other men.
- Relax in the nurturing surrounds of Warburton and the Yarra Valley at *The Retreat*, a log cabin set in amongst beautiful trees in this peaceful location.
- We're asking participants to bring a plate to share with others for lunch. Morning and afternoon tea will be provided. Workshop cost is \$50. Concessions available.

Day Retreat for Men on Sunday 17th April

Workshop and Nature Walk - from 10am to 4pm
'The Retreat', Warburton - details on booking

EMAIL dadslink@ymca.org.au or CALL Akiva 0411 255 158



Life Is Foundation



Dads
Link