



WORKSHOP FOR MEN

Reflective Discussion – Connect with Others – Relax in Nature

Men Living Well : Day Retreat

Sunday 6 November, Warburton

Most of us live our day-to-day lives as fathers, partners and providers without necessarily considering what drives us, the principles that shape our life purpose.



How do our principles guide what we do, how we react to situations, how we deal with adversity, change, unexpected or unwelcome life events?

Learn to live in tune with your principles and values

In what ways do you draw inspiration and take strength from your principles? What consistently motivates you and helps guide your sense of purpose? What role do your principles in such things as relationships, parenting, compassion and acceptance play in your life?

Join us for a Day Retreat to explore these and related questions with a group of men

- 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.

Facilitators: ● Tony Gee, Psychologist ● Akiva Quinn, DadsLink Coordinator

“The Retreat” log cabin, Warburton

Day Retreat for Men on Sunday 6th November 2016

Workshop and Nature Walk – 10am to 4pm



Life Is Foundation



RSVP via

<http://www.meetup.com/YMCA-DadsLink-Group>

Email dadslink@ymca.org.au

Call (03) 8397 3117