

## “Survivor to Thriver”

Self Empowerment

Expressing Anger Safely

Letting go of Hurts & Fears:

- emotional
- verbal
- physical
- sexual

Building Relationships

Personal Recovery

Hopes and Dreams

## MSSAT Better Blokes Peer Support System

A one-to-one appointment is made to help you assess your individual needs; after which ongoing one-to-one support meetings can be arranged.

During these meetings you will learn about weekly peer-support groups and the weekend Better Blokes workshop - this includes learning about guidelines for meetings and to help us build trust in small circles - which we can then practice in our families.

These guidelines ensure the safety of all men attending, and agreeing to these guidelines is a condition of attendance.

The Auckland website has helpful resources for men recovering from trauma, as well as stories and experiences from others.

If you wish to see a counsellor, referrals to ACC approved professionals and agencies can be made.

MSSAT Better Blokes is committed to helping men with their ongoing recovery and to build better relationships with their children, partners, family, friends and the wider community.

Bookings and Enquires:

Dave Passell

021 356 400

[manager@betterblokes.org.nz](mailto:manager@betterblokes.org.nz)

[www.betterblokes.org.nz](http://www.betterblokes.org.nz)

Presented by MSSAT Better Blokes

**better  
blokes**  
MSSAT

Friday 7th - Sunday 9th October 2016

This Better Blokes Workshop is fully funded by a generous grant from the ANZ Staff Foundation

**ANZ**  Staff  
Foundation

**Friday 7th October 2016:  
"Welcome"**

**6pm** - Main Entrance  
Registration & Welcome  
Tea & Coffee

**7pm** - Dining Room  
Dinner

**8.30pm** - Lounge  
*'Who Am I'* - Introduction & Welcome

**10pm** - Dining Room  
Supper

**Workshop Venue:**

Bella Rakha: 09 818 8880  
581 West Coast Road, Oratia  
AUCKLAND 0604

**Saturday 8th October 2016:  
"Letting Go"**

**7.30 - 8.30am** - Dining Room  
Breakfast

**8.45am** - Lounge  
Warm Up

**9am** - Lounge  
*"Who Am I?"* Continued

**10.30am** - Dining Room  
Break

**11am** - Lounge  
*"Expressing Anger Safely"*

**12.30pm** - Dining Room  
Lunch

**1.30pm** - Lounge -or- Hall  
*"Identifying Hurts & Fears"* -or-  
*"Expressing Feelings"* Breathwork & Sound

**3pm** - Dining Room  
Break

**3.30pm** - Lounge  
*"Letting Go/The Grieving Process"*

**5pm** - Lounge  
*"How You Doin"* Feedback

**6.30pm** - Dining Room  
Dinner

**8.30pm** - Lounge  
*"Campfire"* Showing Your Talent -  
Action, Song, Story

**10pm** - Dining Room  
Supper

**Sunday 9th October 2016:  
"Giving & Receiving"**

**7.30 - 8.30am** - Dining Room  
Breakfast

**8.45am** - Lounge  
Warm Up

**9am** - Lounge  
*"Safety, Support, Self Care"* My Talents -  
What I Love Doing

**10.30am** - Dining Room  
Break

**11am** - Lounge  
*"Safety In Relationships"* Building Support  
Networks, Boundaries

**1pm** - Dining Room  
Lunch

**2pm** - Lounge  
*"Feedback & Affirmations"*

**5pm**  
Home Time

MSSAT Better Blokes: [www.betterblokes.org.nz](http://www.betterblokes.org.nz)  
Man Alive: [www.manalive.org.nz](http://www.manalive.org.nz)

Please visit these websites for further information about  
the services and support they offer.