

Break the cycle and free future generations from the effects of trauma.

Spend a weekend with other men who have survived and move from surviving to thriving at a relaxed country retreat. Text David 021 356 400

FRIDAY 20

- 6PM –Dining Room**
Registration , Welcome , Tea & Coffee
- 7PM—Dining Room**
Dinner
- 8:30PM—Lounge**
Who Am I
- 10PM—Dining Room**
Supper

SATURDAY 21

- 7:30am –Dining Room**
Breakfast
- 9am—Lounge**
Who Am I continued
- 10:30am—Dining Room**
Break
- 11am—Dining Room**
Expressing Anger Safely
- 12:30AM –Dining Room**
Lunch
- 1:30pm—Lounge**
Identifying Hurts and Fears
- 3pm—Dining Room**
Break
- 3:30pm—Dining Room**
Letting Go & The Grieving Process
- 5pm—Lounge**
Check in & How Are You Doing
- 6:30pm—Dining Room**
Dinner
- 8:30pm—Lounge**
Showing Your Talents
- 10pm—Dining Room**
Supper

SUNDAY 22

- 7:30am –Dining Room**
Breakfast
- 9am—Lounge**
Safety, Support Self-Care
- 10:30am—Dining Room**
Break
- 11am— Lounge**
Safety in Relationships
- 1pm – Dining Room**
Lunch
- 2pm—Lounge**
Affirmation
- 5pm—Home**
Home



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PEER SUPPORT BENEFITS

Support groups help men with a problem or a challenge to feel less alone and more understood.

Support groups empower men to work to solve their own problems.

Support groups are cost effective .

Members can share information, keeping up to date on news and techniques of interest to them.

Among people who are experiencing similar problems, there is a unique emotional identification that is different from other types of support.

Members act as role models for each other. A support group is a safe place for someone who needs to talk about personal experiences, struggles, thoughts and feelings.

Sharing in a peer support group is experiential and participants are equal to each other and benefit from acceptance freely given. Men feel more belonging and self esteem which they take into their family and work relationships.



Men Can Experience Power and Gentleness

*Mead et al. (2001) assert that **engagement in a PSR allows participants to create relationships** and practice a new identity (rather than that of mental patient) in a safe and supportive environment. This is supported by Yanos, Primavera, and Knight (2001) in a cross-sectional study where individuals involved in consumer-run services had **improved** social functioning compared to individuals involved in traditional mental health services. One explanation for such a change is that when **engaging in peer support, consumers are exposed to differing perspectives** and successful role models who may share problem-solving and coping skills and thereby improve social functioning (Kurtz, 1990)."*

A review of the literature on peer support in mental health services, Journal of Mental Health, August 2011

*Peer support can be defined as **a relationship grounded in shared experiences**. It is mutual, reciprocal and equal and can promote relationships that foster responsibility and **critical self-awareness**. It assumes no medical model of mental illness, challenges traditional deficit-based approaches to mental illness and asks service users to **reflect critically** and move on with their lives. Peer support roles differ from other roles in mental health because they are based on different philosophical assumptions. They carry **no assumptions** of deficit or historical baggage about the social support and maintenance of the disabled. Peer support is the only mental health role to emerge that is **grounded intrinsically in recovery**.*

Thematic Review of Peer Supports: Literature review and leader interviews - David Orwin, Mind and Body Consultants Ltd, Commissioned by the Mental Health Commission, Wellington, New Zealand - July 2008

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