



Fall 2025 Sessions

Group 1 (Thursdays / 6:00PM-8:00PM)

- Oct 2** ● Men's Health, Habits, and the Tools to Build a Better Life
- Oct 16** ● Taming our Fire: Anger & Understanding Emotions
- Oct 30** ● Overcoming Loneliness & Healthy Relationships
- Nov 13** ● Beyond the Hurt: Dealing with Crisis
- Nov 27** ● Therapy & Finding the Right Fit
- Dec 11** ● Suicidal Ideation & Prevention

Group 2 (Thursdays / 6:00PM-8:00PM)

- Oct 9** ● Men's Health, Habits, and the Tools to Build a Better Life
- Oct 23** ● Taming our Fire: Anger & Understanding Emotions
- Nov 6** ● Overcoming Loneliness & Healthy Relationships
- Nov 20** ● Beyond the Hurt: Dealing with Crisis
- Dec 4** ● Therapy & Finding the Right Fit
- Dec 18** ● Suicidal Ideation & Prevention

What to expect?

- Open, Non-Judgmental Discussion.
- Engaging Topics (Hand-Picked by local men).
- Maximum of 20 men in each group.
- Food / Non-Alcoholic Drinks.
- Professional Facilitators.
- Take-Home Education.

- **Venue**

Boys & Girls Club
35 Robin Crescent
#105, Saskatoon

- **Cost**

\$60 / 6 sessions

- **Registration**

Opens Aug.16