

It's time to STEP UP TO THE PLATE and *take responsibility* for your thoughts and actions. We'll help you do that...in an I'M-NOT-A-SISSY sort of way.



In this second part of our GUYS' version of emotion management series we will look at:

- **Defining WHAT WE FEEL as guys**
- **How to deal with the stuff we feel**
- **How to stay manly while we experience emotion**

**For more info, contact
Peggy at: 780 449-1196
Sojourn Wellness Group
info@sojo.ca**

**August 25, 26, 27th, 2008
10:00 am - 3:00 pm
Prior participation in
Part 1 not required.**