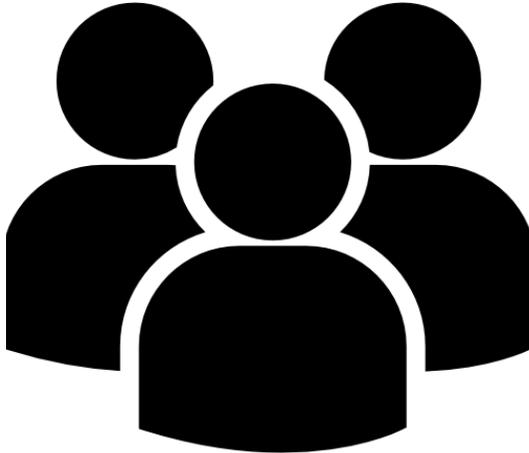




Men Of Compassion

Group Goals and Objectives



Men of Compassion is a support ministry designed to give hope, healing, and empowerment to abused and abusive men through abuse prevention education, crisis counseling, and other support services. Men in Compassion conducts workshops and seminars in conjunction with WHEN's annual "Being There Conference" designed to:

1. Discuss the causes, effects, intervention strategies and treatment for abused and abusive men.
2. Help men understand the dynamics of domestic violence from a male perspective and what they can do to prevent it.
3. Develop a mentoring/accountability program to support each other while establishing and maintaining healthy relationships.
4. Organize men's conferences, forums, etc. in safe environments where they can express their needs, feelings, personal challenges, etc., and experience healing and empowerment.

Schedule

The MOC Group will meet on every other Tuesday evenings from 6:00 p.m. - 7:30 p.m. for 8 weeks beginning April 22, 2019.

Session 1 - April 23	Orientation / "Who Am I"
Session 2 - May 7	"Coping With Loss, Grief and Depression"
Session 3 - May 21	"How to Deal With Anger"
Session 4 - June 4	"Forgiveness: What it is and What it Isn't"
Session 5 - June 18	"What It Means to Be a Man"
Session 6 - July 2	"Communication Skills"
Session 7 - July 16	"The Art of Setting Boundaries and Keeping Them"
Session 8 - July 30	"Building and Maintaining Healthy Relationships"



Men Of Compassion

Group Rules

1. **Confidentiality:**
Anything said in the group is considered confidential and will not be discussed outside the group unless permission is given to do so.
2. **Freedom of Expression:**
Each person is given permission to talk with fear or rejection or criticism. We will listen to each other and avoid giving advice unless it is requested.
3. **Self-Disclosure:**
Each participant is encouraged to talk about herself and her own situations and avoid conversation about other people.
4. **No Smoking, Drugs, Caffeine or Alcohol:**
Smoking, drugs, coffee or alcohol are not permitted in the group or on the premises
5. **Punctuality and Accountability:**
Each participant is expected to be present and on time for each session and complete homework assignments.

