



# **MEN & HEALING**

Psychotherapy for Men



**Dear Friends & Colleagues:**

School is back, the leaves are changing – no frost on the pumpkin yet. Still it's time to do an update on all things ***Men & Healing!***

**Clinical Services:**

- **Anger Management Group Program**
- **Emotional Intelligence Group Program**
- **Men & Healing: Phase 1 Group Program**

We still have a few seats available in these programs. Interested clients can sign up directly on our [website](#) through the [enroll online](#) page!

---

Of course, **Individual Therapy** can begin at any time. It's the same process as above to join us.

### **Collaborative Services:**

Our programming with our collaborative agencies continues in earnest this fall too. Group therapy services will be offered at the **Ottawa Mission, John Howard Society**, and **Daybreak Housing**. *Men & Healing* partnerships allow relevant male-centred group therapy programming to be offered on site throughout the city, all to serve low-income men to access services without barriers. If you are with an agency and thinking of how this arrangement may benefit your service mandate, give us a shout.

### **Training Services:**

In putting on our training hat, we are truly in overdrive this fall. Working with our Partner Agency [1in6 Inc.](#) out of Los Angeles, we have been providing *Men & Healing* training services to branches of the US military. This fall, the training work expands greatly: we will be taking the *Men & Healing* training to First Responders in the **US Air Force** in **Guam, South Korea, Alaska, Okinawa**, and **Hawaii**. On top of that, the Jewish Community Foundation of Los Angeles is sponsoring two, one-day trainings at the **California Endowment Centre**.

Closer to home, we are also providing a training for Ottawa's own **House of Hope, Inc.** You can check out the good work they do at: [www.houseofhope.ca](http://www.houseofhope.ca).

If your agency could benefit from in-house training for your staff concerning issues of men, trauma, recovery and other related issues, then we should talk!

### **Calling all Candidates for Bristlecone!**

In association with **1in6, Inc.**, our friend and colleague **Dr. David Lisak** is taking his camera up to Ontario this fall to interview and film male survivors who wish to participate in the **Bristlecone Project!**

For those of you who are not familiar with the Project, here is a description from the site:

---

*"The Bristlecone Project consists of photographic portraits and brief biographical narratives of male survivors of childhood sexual abuse, collected and presented on the Bristlecone website: [www.bristleconeproject.org](http://www.bristleconeproject.org). The collection of portraits and narratives creates a mosaic of men and focuses not on the abuse we experienced, but rather on who we are today, the men we have become."*

**Men & Healing** is proud to support both David and this leg of the Bristlecone Project, and invites any graduate or current client of the agency to consider being part of this initiative. For more details, write to [rick@menandhealing.ca](mailto:rick@menandhealing.ca)

That's it for this bulletin! As always, we appreciate all of your interest, support and referrals. Enjoy the season!

Best, Rick & MAH Team

Rick Goodwin, MSW RSW  
Clinical Director

**Men & Healing: Psychotherapy for Men**

35 Beechwood Avenue, 3rd Floor

Ottawa, ON, Canada K1M 1M1

(613) 482-9363 ext 400

[rick@menandhealing.ca](mailto:rick@menandhealing.ca)

[www.menandhealing.ca](http://www.menandhealing.ca)

---

***It's about men. It's about time.***