



Dear Friends & Colleagues:

Be it resolved that 2017 will be a better year! No more political migraines, deaths of adolescent pop culture idols, turkey leftovers, and slushy canals ... We only skate forward from here!

In the meantime, some up to date info on M&H services here and there.

By February, we will have a fresh start with our group therapy programs, including...

- **Anger Management Group Program**

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

All three programs operate around the year, so interested folks can enroll at any time. Complete the [enroll online](#) form on our website, and then an assessment interview is scheduled. Group then is at the ready.

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. Just got notice that our friends at **House of Hope** will be working with us too! If you are with an agency and thinking of how this arrangement may benefit your service mandate, give us a shout.

Training Services:

This past fall, we flew to six international trainings, and boy are our arms tired! Working with our partner Agency [1in6](#), Inc. out of Los Angeles, we have been providing *Men & Healing* training services to first responders in the **US Air Force** in **Guam, South Korea, Alaska, Okinawa**, and **Hawaii**. On top of that, we completed the first ever training in Los Angeles sponsored by the Jewish Community Foundation of Los Angeles.

This winter, we have some local trainings scheduled through the City of Ottawa - **Homelessness Programs, House of Hope, Inc.**, as well as some American trainings with 1in6, Inc. (**San Diego – US Marines**) and (**Los Angeles - LA County Probation**). We also have a return trip to schedule for Japan this year too!

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!

Check it out: Bristlecone!

We played host to **David Lisak** and the first Canadian interviewing tour of the **Bristlecone Project!** In association with **1in6, Inc.**, these interviews have now been documented on the Bristlecone website: www.bristleconeproject.org. It is good to see a number of Canucks now represented, and good to see how many of them are colleagues and friends.

That's it for this bulletin! As always, we appreciate all of your interest, support and referrals. Now get your skates on and do it!

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

Best, Rick & MAH Team

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Clinical Director

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