

3-Day Retreat for Men

"It is possible to have a fulfilling long-term intimate partnership."

Learn skills to help you:

- **Improve communication**
- **Build trust**
- **Make amends**
- **Change destructive habits**



- **Set clear boundaries**
- **Make your needs known**
- **Examine your anger**
- **Express gratitude**

Presents

Men At Work

Building Healthy Relationships and Maintaining Accountability

Facilitated by Jason Patrissi

Strengthen your ability to be a safe and loving partner and engage in fulfilling intimate partner relationships. During this retreat, you will practice skills that will make you a better friend, an accountable worker, a helpful neighbor, and a more empathetic person.

It is possible to keep your strength and self-regard while being a humble and joyful part of a connected community of close friends and meaningful partnerships.

If you have had difficulties in your relationships or if you seek to strengthen your relationship skills in any way, this retreat is for you.

Jason Patrissi is Consulting Director for Proteus men's programs at Valley Human Services in Ware, Massachusetts. For over 20 years, he has worked in human services, helping men become safe, respectful, and nurturing partners.



Men At Work

WHEN:

Wednesday, April 26 (5:00 p.m. – 9:00 p.m.)

Thursday, April 27 (8:00 a.m. – 6:00 p.m.)

Friday, April 28 (8:00 a.m. – 2:00 p.m.)

REGISTRATION DEADLINE: March 12 (limited space)

TO REGISTER: www.growinganewheart.org

INQUIRIES: info@growinganewheart.org

WHERE:

Lower Coxbridge House

Kennard Moor Drove

Coxbridge

Glastonbury

BA68LG

FEE: £390

(includes all meals and accommodations)