



About West Coast Men

IT'S OK TO ASK FOR HELP

We are a unique gathering place for men to connect in community and solidarity. It's a learning and sharing space in which men learn about honesty, respect, compassion, responsibility, and accountability. It's a place for men to receive support, tools, and resources in order to practice healthy communication with themselves, family and the larger community.

Want to know more? Follow the link to our website: Westcoastmen.org



[FIRE & BONES](#) - Youth Mentoring in Schools



[DADS](#) Make a Difference



Other Resources:
[One on one peer counselling](#)
[Men's circles](#) and groups
[Organizational outreach](#)

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Our contact info is:

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