



What We Do:

- Offer counseling, support, and referrals to men in the emotional, physical, intellectual, and spiritual dimensions of their lives
- Offer tools & strategies for the fostering of strong and healthy relationships with partners, families, and community -where all feel affirmed, validated, respected, and cherished
- Support individuals in learning to improve communication skills, and enrich existing relationships
- Help men with family court/ divorce, separation, custody and access issues
- Support adolescent males of age 12-18 to grow into strong, healthy men with a strong sense of self, inner purpose and direction
- Promote community awareness regarding men and men's issues, and advocate on behalf of all men and young men

www.westcoastmen.org



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.

Phone: 250-597-2801
Toll Free: 855-636-9675
Fax: 888-845-3405
E-mail: info@westcoastmen.org
Website: www.westcoastmen.org

Isolated?
Angry?
Sad?
Unemployed?
Divorced?
Alienated from children?
No direction?
Grieving?
Looking for a mentor?
Looking for support?
Needing friendship?
IT'S OK TO ASK FOR HELP



Helping Men, Families & Community to Create Full, Healthier Lives!

213-80 Station St
Duncan, BC, V9L 1M4

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Our Programs



If we don't initiate the boys, they will burn down the village. African Proverb

Fire & Bones -Youth Mentoring in Schools

Our mission is to help boys become strong, healthy men.

Why the need?

- Divorce rates are over 50%
- Over 40% of households are run by a single parent with mom as head of the household. Teenage boys need men in their lives for appropriate male role modeling & mentorship

How do we help?

- We provide boys with mentoring and modeling so they learn integrity, accountability, compassion and respect



"Any man can be a Father but it takes someone special to be a dad."

~ Anne Geddes

Dads Make a Difference

This program:

- Supports fathers in maintaining a positive connection with their children
- Creates opportunities for men to share their stories of what it means to be a father



One on One Peer Counseling

We offer sliding scale—no one is turned away

- to support men, their families and community in re-remembering their healthy selves
- to deconstruct men's challenges and to co-create a new story for them to focus on



Men's Circles

Come gather with other men in a safe place, and feel supported in your life. Contact us for more details. Privacy & Confidentiality assured.

Other Resources

Respect & Compassion—Its about developing healthy communication with self and others.

Elder Men's Groups —We can bring this service to your senior's facility to help support the men

Healthy Men - Inviting men to take responsibility for their health and well being. Watch for more information via our partner website: www.leap2life.net

Organizational Outreach - We are in the process of developing men's programs across BC. Please approach us to discuss how we can support this in your community.