

**We need volunteers to make it work!**

Our service is based on men supporting men. If you

- Have time to make a regular commitment to our centre;
- Have an area of knowledge or expertise you wish to share; or
- Can donate in any way to support men.

Yes ~

**I would like to support the Nanaimo Men's Resource Centre!**

- Individual Membership \$10.00
- Organization Membership 100.00
- Donation of \$10 \$25 \$50 \$\_\_\_\_\_ (Please circle one)  
(We will issue a tax deductible receipt)
- By volunteering time

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Date \_\_\_\_\_

**RETURN TO**

**NANAIMO MEN'S RESOURCE CENTRE**

418D FITZWILLIAM ST.  
NANAIMO, BC V9R 3A7

www.nanaimomen.com



**What people say about Nanaimo Men's Resource Centre...**

- *I thought I was alone, but found out I wasn't really. The centre walked me through a difficult time.*
- *It's great to have a place for men to go and understand the legal system.*
- *The support group I attended saved my life!*
- *I can see my Dad now!*
- *The centre gave my brother hope.*
- *I would have committed suicide if not for the centre*

Nanaimo Men's Resource Centre supports men in family-building and cultivating healthy relationships.

**Who recommends the Nanaimo Men's Resource Centre?**

- Family Justice Centres
- Government agencies
- Non-profit community groups
- RCMP Victim Services
- Nanaimo Family Court
- Public health
- Women's advocacy groups
- People like you

**Nanaimo Men's Resource Centre**

418D Fitzwilliam Street  
Nanaimo, BC V9R 3A7  
(Zorkin bldg, corner of Richards St.)

Phone: 250.716.1551  
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**NANAIMO MEN'S RESOURCE CENTRE**



**For Men**

Helping Families —

Men, Women and Children



## **We are a resource centre for men and their families**

- To offer support and referrals to men in the physical, emotional, intellectual & spiritual dimensions of their lives
- To promote healthy connections with partners and families
- To promote community awareness regarding men and men's lives
- To help men with family court and divorce, separation, custody and access issues
- To support men in learning to communicate and enrich existing relationships

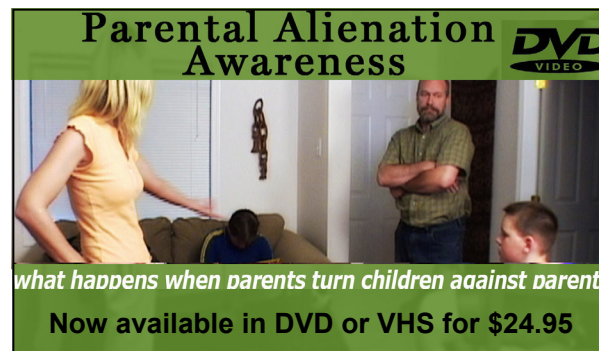
Traditionally and historically, women have been seen as sex objects, men as success objects. Today the projection of that evolutionary heritage still haunts our underlying emotional landscape.  
- Theo Boere

### **Services we provide**

- Support groups & workshops
- Individual counseling support
- Referrals to existing community services
- Resource library, computer use & internet connection for clients
- Special events such as public Father's Day celebrations
- Workshops for Service Providers

### **Workshops and support groups**

- *Anger In Control* Workshop
- *Dads Make a Difference* workshop for community service providers
- Artistic workshops
- Family/Divorce Court workshops
- Parental Alienation Awareness workshops
- Finances after separation workshops
- Domestic violence workshops
- Dad's support group
- Parental Alienation Awareness support group
- Legal Support Group



### **Why a men's resource centre?**

Men and women are different and so are their needs. In an environment friendly to men, the Nanaimo Men's Resource Centre offers information, workshops, support groups, individual counseling and referrals to existing community services. We promote safe and clear communication, healthy fathering and strong family relationships.

To promote the integrity of the family and the rights of men, women and children. We advocate shared parenting within the family and equal access to children after separation or divorce.

Social services in the community often focus on the needs of women and mothers. We recognize that men are equally affected by family crisis & often need help to maintain healthy connections with their children. Statistics show that men are particularly vulnerable to depression, suicide & accidents after separation or divorce.

#### **A note about male suicide**

"Dr. Paul Links, professor of psychiatry and chair of suicide studies at the University of Toronto, reports that difficult divorces or loss of children fit the profile of loss leading to suicide. Divorced men kill themselves twice as often as single or married men, and since men in general commit suicide four times as frequently as women, divorced men commit suicide eight times more often than women in the general population."

—James Hodgins

The Nanaimo Men's Resource Centre is a registered charity and is incorporated under the British Columbia *Societies Act*. The centre has operated in its current location since October 2002.