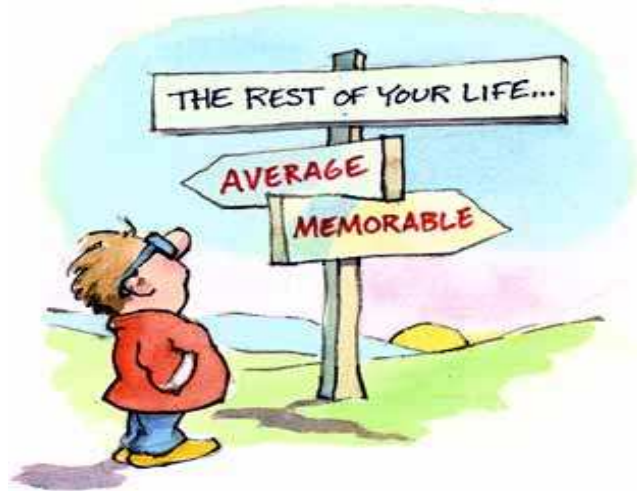




# M.A.T.E.S.



The Workshop for Men Aiming Towards  
Empowerment & Success



## Are you?

- Feeling sad, lonely or isolated?
- Feeling frustrated with not being able to find work or with life in general?
- Having problems you don't know how to address?
- Depressed or anxious?
- Feeling like you have limited social outlets and having difficulties making friends?

### Then M.A.T.E.S. Workshop is for YOU!

"I've changed how I think about jobs and apply for them"

This is a free 7 week workshop which is aimed at encouraging men to build self esteem and motivation by identifying personal qualities and skills.

"I have gained skills on how to think positively and always to strive towards achieving your goals"

It is held once a week for 2 hours in small groups, giving you the opportunity to participate comfortably. This approach provides a casual and supportive environment where you will ultimately be assisting yourself with identifying skills, setting goals and feel good about yourself.

"I learnt how to challenge negative thoughts"

"I liked being able to relax and be myself amongst other blokes"

Your next MATES workshop will be held:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Please see your Pathway Coach to reserve your place in the workshop.