

MEN'S SUPPORT AND SHARING CIRCLE

Are you interested in connecting with other men in a safe and confidential space?

- Are you looking for respectful support, not therapy, as you explore what it means to be a man in today's world?
- Are you ready to honestly look at the old patterns that have kept you from being the man that you truly want to be?
- Do you want a place to come and celebrate your "gold" and take a deeper look at your "shadow?"
- Have you wondered 'how do I become a better man?'

This might be the place to find the support you're looking for to get from where you are now to where you really want to be!

**Meetings are open to all men, free of charge and will be held from 7:00p.m. to 9:00p.m. on the 1st and 3rd Tuesday of every month at
The Center of Wellness
237 Lookout Place, Second Floor
Maitland, FL 32751**

MEETING FACILITATOR: John Rose. *John is a Registered Nurse, Licensed Massage Therapist and Warrior Brother in the Mankind Project, an international men's organization that sponsors the New Warrior Training Adventure and provides leadership training to men. He was initiated as a Warrior Brother in December 2014 and has advanced MKP trainings including Primary Integration Training, Leader Training Level 2, Staff Training and GUTS! His personal transformation work includes more than 10 years of meditation, breathwork, and energy healing study and practice.*

To register or for more info, contact John at jarose.mkp@gmail.com or 407-590-6836.

The ManKind Project is not affiliated with any religious practice or political party. We strive to be increasingly inclusive and culturally aware. For additional information, go to <http://mkpusa.org>.





PRINCIPLES OF THE MANKIND PROJECT

PERSONAL LEADERSHIP & PERSONAL RESPONSIBILITY

I take full responsibility for my life.

My life is my creation. This may or may not be factually true; however, I choose to empower myself by taking responsibility for my life.

I take personal leadership in my own life. I don't wait for others to create what is important to me in my life and in my world.

I am responsible for my thinking, my feelings, my beliefs, my choices and my actions.

I maintain consciousness of my victim and choose to move out of reactive patterns and into proactive and creative behaviors.

I am conscious of my impact on others.

MISSION & PURPOSE

I choose to discover my mission of service and live it fully and passionately.

I take personal leadership in creating my vision here on earth.

I strongly support and encourage others to do the same.

INTEGRITY & ACTION

I live in Integrity with my Mission.

My word is my bond.

I am who I say I am.

I am trustworthy.

I know my values and beliefs and live them in the world.

I make choices and take action to live my mission and fulfill my commitments.

I keep my promises.

I do what I say I will do.

I walk my talk.

I ask for help when I need it.

I ask for what I want.

I move through my fear.

I take risks.

Make these principles real in your own life:

The New Warrior Training Adventure

May 20th - 22nd, 2016

Rutledge, GA (SE of Atlanta, GA)

Contact: John Rose - 407-590-6836 jarose.mkp@gmail.com Registration deadline: May 16, 2016