



# MEN

***A Relationship Education Program  
that's been created just for you  
and it's available in The Hills***

Starting on  
**Tuesday 23<sup>rd</sup> October**

**We meet in the evenings for 6 weeks - 7.00pm - 9.00pm**

The venue is in The Hills District. (The address will be given to those attending)

**During the 6 meetings we will discuss, explore and work with:**

Communication Skills Building - Health and Wellbeing - Habits and Addictions - Work, Vocation  
Life Visions and Goals - Relaxation and Meditation - Movement and Stillness - Vocal Expression  
Healthy Boundaries - Intimacy and Sexuality - Anger and other Emotions - Creating Fun and Joy

**Your investment for this program is only \$250.00**

This includes 6 x meetings with facilitated group work and all program materials.  
Easy payment plans, and some bursary opportunities are available – Please call and ask Adrian.

**This is for any man who would like to explore, discover and work with, and on, his beliefs, attitudes, feelings, emotions, actions and behaviours in and around the relationship he has with both himself and with his partner (past, present and future).**

**Testimonials from men who have worked with Adrian:**

*I came away from Adrian's insightful, fun and safe workshop feeling absolutely reconnected, empowered and excited for the future. Adrian not only provided me with a deep understanding of 'where I was' at the time of the workshop but also the tools to carry my learnings forward and make positive changes in my life. Robert R. Lawyer*

*Adrian's program was literally life changing in helping me open my eyes to the man I wanted to become and giving me the tools to be able to deal with different situations as they arise and being able to step back and see situations from different angles. Adrian's program taught me to have better relationships in my life, not only with others but myself and how to better deal with stress, anger, fatigue, anxiety and many other feelings that life throws up along with taking responsibility for my life. Stephen G.*

**Contact Adrian Hanks on 0400424417**

[www.BlueWrenFoundation.com](http://www.BlueWrenFoundation.com)

[www.AdrianHanks.com](http://www.AdrianHanks.com)



**Adrian Hanks** has been working with men for over 20 years. He is an experienced counsellor, psychotherapist and trainer and works in a fun, insightful, inspiring and professional way. He is married with a blended family of 6 adult children (18-30) and has 4 grand-daughters! Adrian really loves to support people to get more out of life!

The Blue Wren Foundation is a registered not for profit organisation

