

Creating men of the future

Man Alive is a comprehensive Men's Centre dedicated to working with and supporting men, youth and boys on issues that affect their lives.

Our programmes and services are designed for men, by men.

- ✓ Living Without Violence and Te Ara Taumata Ora
- ✓ Youth and Boys Counselling
- ✓ Youth and Boys Group Programmes
- ✓ Counselling Services For and By Men
- ✓ Fathering and Parenting Programmes
- ✓ Men's Change and Support Group
- ✓ Family Counselling
- ✓ Life Skills Programmes
- ✓ Boy's Mentoring: We Support 'Big Buddy' ph 838 4448

Awakening the unique spirit of men to build communities that work for everyone

CONTACT

Man Alive Men's Centre

Offices in:

Henderson – Panmure – Onehunga

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Men in Relationships

When?

Course runs continuously throughout the Auckland region.

Contact us for details of the next course closest to you.

Cost?

Pay as able.

Bookings are essential

manAlive

Men in Relationships



What is 'Men in Relationships'?

Men in Relationships is a 12 week course that could change your family and work life.

It is a course designed to help you deal with stress and conflict. It will help you come closer to your family.



The Course Covers

- ✓ Anger Management
- ✓ Stress Management
- ✓ Family Communication
- ✓ Team Building and Equal Relationships
- ✓ Being Happy Rather Than Being Controlling
- ✓ Great Father Skills
- ✓ Improving Self Esteem and Feeling Confident
- ✓ Challenging Yourself to New Goals
- ✓ Having Fun, Not Fights
- ✓ What Women Need in a Man

