



# BREAKTHROUGH WEEKEND

During this powerful retreat led by experienced facilitators, men find a safe, supportive, and confidential place to explore the past and its impact on their present. They learn to identify and express their emotions, while building new connections with other men.

In the process, men will discover that they have the tools to succeed, that they are capable and worthy of having the life they want. After completing this weekend, men find greater compassion for themselves and others. With other men by their side, they can continue their journey with renewed confidence, trust, and optimism.

The BreakThrough Weekend incorporates communication exercises, journaling, role-playing, and discussions. While this program can be serious, humor and laughter also play important roles throughout the weekend.

After the weekend, men can continue their journey together by joining a Personal Growth Group (PGG). The weekend helps a man envision the change he seeks; the PGG helps him make it real. Victories will facilitate the group for the first six months, and most groups continue meeting after the facilitation.

LEARN MORE...  
[VictoriesForMen.org/btw](http://VictoriesForMen.org/btw)

## DATES

Mar 1-3, Jun 7-9  
 Oct 25-27, Dec 6-8

## LOCATION

Mar, Oct, Dec:  
 House in the Wood  
 Lake Delavan, WI

Jun: Camp Emmaus, Mt Morris, IL

## COST

\$790 (\$190 nonrefundable deposit reserves space)  
 Payment Plans and Financial Assistance are available.

## REGISTER

[admin@victoriesformen.org](mailto:admin@victoriesformen.org)  
 312.604.5013  
[www.victoriesformen.org](http://www.victoriesformen.org)

**CEU CREDITS:** Individuals with LCSW, LCPC, LMFT, and licensed Psychologists are eligible to receive 15 CEU's. Please indicate your interest in CEU's when registering.