

## Inclusion & Diversity

Inclusiveness and diversity are core values of Victories. We enthusiastically welcome men of all backgrounds, ages, cultural identities, socioeconomic status, and sexual orientations.

In today's current cultural moment, both men and women are looking for spaces to be heard and to tell their stories. Never has it been more important for all of us to share and listen in a more compassionate way.

Victories was founded over thirty-three years ago to give men a confidential and safe space to share their stories and to listen to other men. In a circle of other men, they find the strength to be vulnerable, to explore their families of origin, to question how they became the men they are, and to challenge themselves to be the man they want to be.

We often hear how men feel isolated, how they don't have strong male friendships, how they don't know how to express their emotions. Often times, this isolation can cause men to act out, to be defensive, to harm those they love, and to isolate themselves even further. We teach men to trust themselves, to find strength in vulnerability, to seek friendships in other men.

While our programs may be designed primarily for men, they have families and communities at their heart. We give men the opportunity to break out of negative and restrictive roles that others have placed on them. We help them find the courage to be more available partners, fathers, and friends. We give them the tools to make changes that will lead to more equal, balanced, and positive relationships.

We invite men to consider our weekend programs as a step on the path towards building the life they want. Through vulnerability, compassion, communication, and trust, we can make our families, our communities, our world, a safe space for each and every person.

Victories was started by men for men, but women have always been integral to the work we do. Women are the partners, sisters, mothers, daughters, friends, therapists, and colleagues of the men who do our weekends. Victories welcomes women to attend our Couples Weekend, to volunteer for Victories, and to help the organization reach more men in the Chicagoland area.