MEN'S ROUND TABLE

Facing the Challenges of Life Transitions

Open to all men that are interested!

DATE

March 2, 2024-
Saturday: 9AM to NOON
Coffee and Tea will be served

LOCATION: IN PERSON

Oakton Community College,
Des Plaines Campus Room 1610
Southern side of campus - Park in lot "C"

COVID Protocol: Wearing masks at the event is optional.

REGISTRATION

CLICK HERE: HTTPS://WWW.VICTORIESFORMEN.ORG/EVENT/ROUND-TABLE-03-02-2024-FACING-THE-CHALLENGES-OF-LIFE-TRANSITIONS/

COST: $20

Victories offers a safe and empowering place for men to discover more about themselves, connect with other men, and build the meaningful life they deserve. Victories supports a healthy masculinity that is affirming and constructive. Through vulnerability, compassion, communication, trust, we can make our families, our communities, our world, a happy, safe, vibrant space so that each and every person can thrive.

Victories of the Heart, NFP is an Illinois not-for-profit organization exempt from federal income tax under Sec. 501 of the Internal Revenue Code. Donations (but not weekend registrations) are deductible under IRS rules. Victories of the Heart, NFP does not offer professional services that require its regulation or registration by any state or professional licensing body.

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Change is ever-present in, and certain events trigger major life transitions, such as the following:

- Career change
- Relationship break-up
- Retirement
- Fatherhood
- Loss of a loved one

In this Roundtable, three men will share their stories regarding major transitions in their lives, including how they managed the challenges they faced and how they changed in doing so. Small group discussions will be offered for participants to reflect and discuss the impact of their own life transitions.

Join us for an engaging morning of sharing and learning about these important experiences, especially their power to transform our lives.

Learning Objectives

At the close of this Roundtable, participants will be able to:

- Compare and contrast elements of transitions that are made by our choice and those that are thrust upon us.
- List a wide range of emotions that may be triggered during life transitions.
- Identify internal and external resources that help in managing these challenges.

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