

# BEST SELF WEEKEND



**OWN  
YOUR  
BEST  
SELF**

## OWN YOUR BEST YOURSELF

Take what you've learned from your previous Victories weekend experiences and bring your life to the next level. We know our best self when we experience it, and yet those experiences can be fleeting. How can we learn to be there more often?

## WHAT HAPPENS ON THE WEEKEND?

The Best Self Weekend is a creative and uplifting experience that provides you with the space to recognize your own strengths, reflect on your own work and learn what may be keeping you from living your best self. Through play, creative expression and group process, men can discover and acknowledge the best of themselves and experience it fully in a supportive and welcoming environment.

## COME WITH YOUR GROUP!

We encourage men to have a transformative weekend with members of their PGG. Attending a weekend program like this together is a great way to re-invigorate your group.

## WEEKEND PROGRESSION

While men are most ready for the Best Self Weekend after completing the Shadow Weekend, doing so is not mandatory.

LEARN MORE...

 [victoriesformen.org/bsw](http://victoriesformen.org/bsw)

Open to BreakThrough and Wisdom Years Alumni.

## DATE

Due to the Coronavirus Pandemic, the April 24-26, 2020 weekend has been cancelled. At this time, there is no plan to reschedule the weekend.

## LOCATION

House in the Wood, Delavan, WI

## COST

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

## REGISTER

[www.victoriesformen.org/bsw](http://www.victoriesformen.org/bsw)  
312.604.5013

## LEARN MORE

Visit the website to read the FAQs and testimonials from past participants.

## EARN CEUS

Individuals with LCSW, LCPC, LMFT, and licensed Psychologists are eligible to receive 15 CEU's. There is a \$25 certificate fee due after the weekend. Please indicate your interest in CEU's when registering.