



Life never stands still. Our lives are full of constant change:

- Marriage
- New Job or Career Change
- Fatherhood
- Divorce
- Moving
- Illness
- Loss of a Loved One
- Retirement

Sometimes we find ourselves needing to make change to be happier. Some change we welcome and create, others seem thrust upon us.

Join us for an engaging morning of learning how to navigate those changes in a way that creates energy and growth. We will explore how you participate in your own journey and how you can support yourself, no matter what change is engaging you in the present.

Come join with other men to explore ways to successfully manage the big life transitions in a way that can help you thrive!

**Victories Alumni: Bring a Man for Free!**

If you know a man who would benefit from learning about Victories and participating in a short program, bring him along! If you bring a new man, he will get in for free! Indicate his name when you register.

*All men are welcome.*

**WHEN**

Saturday, September 28, 2019  
8:30am–12:00pm

**LOCATION**

Oakton Community College  
1600 E Golf Rd  
Des Plaines, IL 60016

Room 1610, Enter in Door 37  
Park in Lot C, free parking

**COST**

\$20 includes coffee & tea

Victories alumni: bring a man new to Victories & he's free!

**REGISTER**

Please register online in advance or contact the Victories office at 312.604.5013

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

