

# Know Me(n) Better: Community Forum

*For men, service providers, and community members*

**Wed November 8**

**8:30 a.m.– 4:30 p.m.**

**Bayshore Community Centre  
Bay room — Owen Sound, ON**

You are invited to an innovative one-day community forum called **Know Me(n) Better**.

- We're going to talk about men, why we don't talk, all the things we need to talk about, and how we as a community and services can work together in better ways. We'll spend the day sharing stories and talking about solutions to men's silence. This day is for men who want to open up, service providers and community members looking for more compassionate and effective ways to work with men, and anyone who wants to better support the men and boys in their lives.
- Men will share their stories of struggle and healing in the morning and we'll have small group discussions and activities in the afternoon to deepen the conversation about the issues affecting men in our community.
- Participants will have a greater insight into men's realities and intersects between cultural norms, gender roles, hyper masculinity, male violence, trauma, sexual violence, mental health, and substance abuse.
- Service providers will have a better understanding of how to approach and work with men as they deal with complex issues.
- The community & services will continue to engage in constructive efforts towards more inclusive and promising practices for working with men.

**The Men's Program / CMHA Grey Bruce**

## WORKSHOP REGISTRATION

- Registration (including lunch) \$30.00  
*or pay what you can, no one will be turned away*

Please register on our website by clicking on our logo button or register by filling in all the contact information including the method of payment, then print a copy and fax it to us at 519-376-0865 or pay at the door.

### Contact information: (please print)

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Payment:  Online  Cheque  Cash

### Payment Options:

*Paying electronically please click the "Buy Now" button:*

**Pay Now**

*If paying by cheque make payable to:*

CMHA Grey Bruce — Know Me(n) Better, 1024 2nd Ave E,  
Owen Sound, ON N4K 2H7. Payment must be received by  
November 6.

**Register early—seating is limited.**

Confirmation of registration will be sent by email.

**Questions:** Joachim—jostertag@cmhagb.org 519-372-2720

*Thank you to our funders*



COMMUNITY  
FOUNDATION  
GREY BRUCE



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