

# “Circle of Trust”

For Men Only



*Weekly - Held every Thursday  
12:00 – 1:15 @ Drop in Center (bring your lunch)*

Purpose; is for both older and younger ones to help shoulder and share their burden of daily responsibilities to their families and self.

Goal; group communication, listening skills, self-awareness, learning steps of Independence, coping skills.

Benefits; self-discovery, healing techniques, conflict resolution and abstinence from substance abuse.

Traditional values and rituals are stressed, sharing, humility, respect for others, cooperation, spirituality, diversity, open mindedness to learn new ways of life that will change a person for the better.

This Program is Spiritual based; you will learn how to heal emotionally. Elders who have walked the road before you will teach you how to live in harmony and balance.

*For more information contact the Drop in Center @ 858-5426, Monday – Friday 7:30-4:00 pm*