

A journey  
of personal  
exploration and  
challenge

# COMMON GROUND

*Looking to explore what's  
going on in your life, in your  
relationships, in your work  
place?*

*Feeling it's time to make  
some changes?*

Common Ground is an 8  
week program for men. It is  
non-religious, down to earth  
and fully facilitated.

The topics explored during  
the program include: your  
journey so far, Fatherhood,  
relationships, masculinity,  
sex, love and intimacy, self-  
awareness and acceptance.

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For more information on  
Common Ground men's  
programs and registration:  
[www.tasmen.org.au](http://www.tasmen.org.au) or email  
[admin@tasmen.org.au](mailto:admin@tasmen.org.au)

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Tasmanian Men's Health  
and Wellbeing Association  
*Men supporting men.*

