


## When?

Every Sunday Evening  
7:00 to 9:00pm  
(Starting July 2002)

## Where?

Downtown Keene  
43 Central Square  
(In the LifeArt Center)

## Who's Welcome?

All men, regardless of socioeconomic status, race, religion, sexual orientation, class, age, education or disability, are welcome. 

## Why Do Men Come?

To talk, to listen,  
to connect, to learn  
about ourselves,  
to learn from other men.



MMRC SUPPORT  
GROUPS ARE...

**CONFIDENTIAL**



**NON-JUDGMENTAL**



**INCLUSIVE**



**NON-VIOLENT**



**RESPECTFUL**

THESE ARE THE GROUND  
RULES FOR EVERY MMRC  
SUPPORT GROUP



## What is The Monadnock Men's Resource Center?

The MMRC is a community based volunteer organization formed by men to help men connect with themselves and others, and committed to overcoming men's violence in all our lives. We seek to provide all men with a safe space for growth, sharing, connection, and community building with other men. We reach out as allies with others to oppose all forms of oppression in our lives, our families and our communities.

## How Can I Help Support The MMRC?

- DROP-IN TO A GROUP
- SPREAD THE WORD
- VOLUNTEER YOUR TIME
- DONATE MONEY

Call 603-357-5780 for details!

## Support, Not Therapy

MMRC support groups are not therapy groups. MMRC support groups create a safe space for men to talk and listen, to explore concerns, reduce isolation, clarify feelings, provide different perspectives, and find direction towards personal problem solving. Every group is facilitated by a pair of trained peer volunteers who participate as well as open and close the meeting. MMRC support groups are not a substitute for counseling, recovery groups or batterer treatment.



### MMRC Support Groups Are a Place to:

- seek a different way to see yourself
- explore new models of masculinity
- find support around family/partner relationships, crises, life changes, loss, sexuality, depression and creating community

### We Do Not Support...

- violence or abuse of any kind
- blaming women or others
- giving or getting advice

603-357-5780  
mmrc@salwen.net  
PO BOX 783  
Keene, NH 03431

The logo for the Monadnock Men's Resource Center (MMRC). It features the letters 'MMRC' in a large, bold, stylized font. The 'M' and 'R' are particularly prominent. To the left of the letters, the words 'Monadnock Men's' are written vertically, and to the right, 'Resource Center' is written vertically.

# Drop-In

# SUPPORT GROUPS

 **for**   
**ALL MEN**  
**in Keene**

Monadnock Men's  
**MMRC**  
Resource Center  
PO Box 783 Keene, NH 03431

**603-357-5780**

