

- Men and their Families recovering from the affects of emotional, verbal, physical, sexual and psychological harm
- Men Helping Men
- Peer Support
- Safe Circles



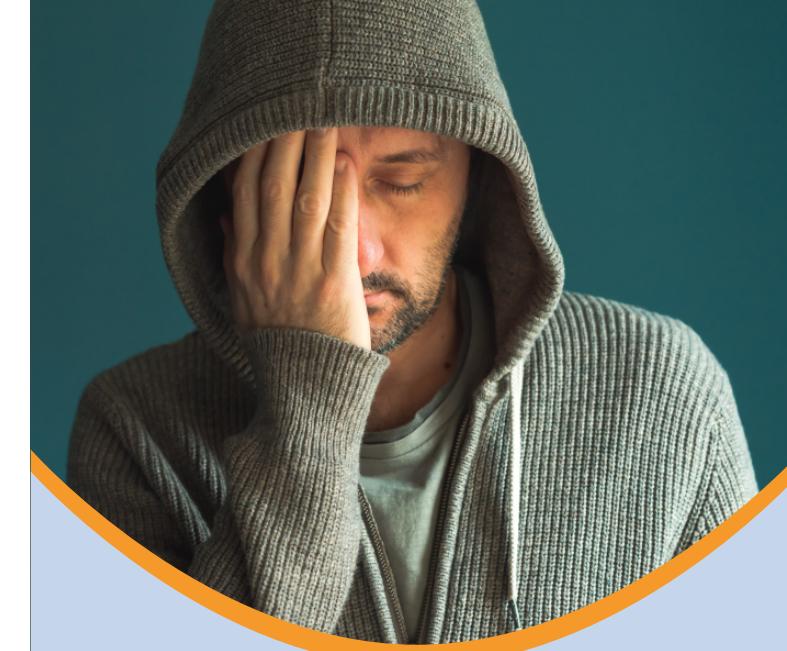
We are here to help -
call now!
Phone 09-378 8812

"This place is so important, so is the course. It is special. I have begun a healing I have never experienced before. Better Blokes is such a supportive network from my peers to the facilitators

Extremely well facilitated and resourced, committed and passionate."

Scott, Participant,
Better Blokes Weekend Workshop

Better Blokes
PO Box 104289 Lincoln North,
Auckland 0654, New Zealand



**1 IN 6 MEN HAVE BEEN
SEXUALLY ABUSED**

**Want to Talk?
We're Here for You**



betterblokes.org.nz



BOTH BOYS AND MEN CAN BE HURT

Perpetrators of abuse use advantage, greater size, strength, and knowledge. This power over is exercised from a position of authority and trust to take advantage of the child's vulnerable position.

GROOMING

Although the public image of sexual abuse is of a sudden or violent event it is more often a slow, seductive and ongoing grooming process of the child and the wider family and community. When there is an extreme breach of trust it often leaves unresolved emotional and psychological trauma carrying dysfunction into adulthood.

EFFECTS OF TRAUMA

The abuse of children creates major trauma and negative behavioural effects leading to confusion, rage, depression, self-sabotage, addictions, over-achieving and disconnection from others that carry well into adult life if left unresolved.

BETTER BLOKES works to help men to recover from childhood trauma.

We provide one to one peer support, group peer support and weekend workshops. Peer support is a powerful tool for men who are grappling with issues associated with childhood trauma.

- At a one to one peer support meeting a man gets together with an experienced peer supporter, a person who has 'been through it' and can help the man to chart a course forward
- A peer support group is a weekly meeting with up to 8 other men to share 'whatever is going on' for them.
- Weekend workshops are with other men learning and sharing experiences - their hurts, fears, hopes and dreams.
- Our structured Facilitator Training Courses are run regularly and all participants who graduate receive a certificate and are invited to become part of our 24 Week Programme.

PEER SUPPORT recognises that each man is of an equal status to all other men. Men are empowered to reclaim the personal autonomy, power and mana that was taken from them as children.

This increases trust and self-esteem enabling men to build more caring and loving relationships with their children, partners, families and friends.

CONTACTS

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Better Blokes is a founding member of the National Body - Male Survivors Aotearoa (MSA) - representing NZ-wide organisations dedicated to supporting survivors of sexual abuse. Any man who feels he would like to talk with us, call one of the above numbers, or send an email with full confidentiality assured.

WOULD YOU LIKE TO SUPPORT OUR WORK?

Please donate at our 'Givealittle' page:
<https://givealittle.co.nz/org/betterblokesnz>