

## Volunteer With Us

Make a positive difference by supporting life changing programs at the Canadian Centre for Men and Families. Contact [info@menandfamilies.org](mailto:info@menandfamilies.org)



## Start a New Program at the Centre

Have an idea for a group or service you would like to run that would improve the lives of boys, men, fathers and their families? Start a new program at the Centre today!



### Providing a hub for the needs of boys and men...

*"I've lived with anxiety and loneliness most of my life, yet I was told men didn't ask for help. The counselling and peer support group at the Centre gave me an opportunity to open up in an environment geared to men."*

*"I haven't seen my children for four years since my marriage ended. The Centre's legal assistance clinic helped me fight for my kids."*

*"For over a decade I lived with a violent and abusive partner. I had trouble finding help because I'm a man. For the first time I now have hope and a path to a better life."*

## Vision

No one's invincible. It's time *he* has a place for him and the people in his life. The Canadian Centre for Men and Families will catalyze a fundamental change in society's attitude towards boys and men. We will confront that which impedes men from getting help and work with the community to respond to unmet needs. We will create a better future for our sons and daughters through mutual understanding, compassion & support.

## Mission

The Canadian Centre for Men and Families is the first facility of its kind in Toronto. We're an open, inclusive and safe space serving as a hub for services, workshops, research, advocacy, outreach and public education all focused on the health and well-being of boys, men, fathers and families.



### Canadian Centre for Men and Families

Visit us:

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Mailing:

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Toll Free: 1-844-900-CCMF (2263)

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# Canadian Centre for Men & Families

A hub for the health and well-being  
of boys, men, fathers and families



[www.menandfamilies.org](http://www.menandfamilies.org)

@menandfamilies



## Programs & Services

The Canadian Centre for Men & Families provides a broad range of programs: counselling, peer support, mindfulness meditation, legal assistance, fathering, employment consultation, discussion groups, lectures and mentorship. Programs are free unless stated otherwise. We welcome everyone.

### Therapy & Counselling

We cover a range of individual and family issues, including depression, anxiety, relationship problems, separation/divorce, social isolation, self-esteem, abuse and trauma.

### Men's Peer Support Group

A safe space for fathers, boys and men of all ages to discuss difficulties or hardships. Issues might include family break-up, loss of a loved one or employment challenges. The program will combine emotional support with practical information and resources.



### Legal Assistance Clinic & Resource Centre

Our clinic helps men overcome legal problems that disproportionately affect males and addresses areas where men may be subject to discrimination: family, criminal, human rights and employment law. Our lawyers provide resources, tools and info in group and individual settings.

### Mindfulness Meditation

Workshops in breathing, relaxation and awareness. We explore focus and inner stillness, while teaching men how to develop themselves physically, emotionally and mentally. Join us to experience the everyday in a new way. Introductory and practice sessions offered.



### Employment Resource Consultation

Resumé critique and building, interview preparation and general unemployment supportive assistance. We'll identify barriers to employment faced by men and assist through education, awareness and goal setting.

### Men, Masculinity, Gender Discussion Group

A men's health and men's issues discussion group focused on gender equality. Topics include masculinity in the media, men's health services, the criminal justice system, violence, custody, fathering and family issues.



**Fathering After Separation or Divorce** Expand your parenting strategies and strengthen relationships with your children post-separation or divorce. Learn communication, conflict resolution and problem solving skills.

**Register for all programs at**  
[www.menandfamilies.org/register](http://www.menandfamilies.org/register)



The Canadian Centre for Men and Families is a registered charity with the following purposes:

1. To advance education by providing classes, workshops, seminars and lectures on gender issues;
2. To advance education by providing books, equipment, and educational aids to students;
3. To advance education by maintaining a lending library of literary and multimedia resources accessible to the public;
4. To advance education by conducting research in gender studies and making the results publicly available.
5. To promote health by providing the public with mental health and social services, including counselling, information and group support programs.
6. To address and prevent problems faced by families and youth by establishing, operating and maintaining residential facilities accommodations for individuals and families affected by family violence.

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