

# Become the Change: Program for Men

Starting in August 2020

Do you want support and resources for making better choices when it comes to your relationships?

Have you ever shown aggression towards your partner?

***Become the Change is here to support you! It's FREE and CONFIDENTIAL.***

Do you struggle with aggression or anger?

Do you want more support and information for making healthy relationship choices?



## MEET THE FACILITATORS

*Become the Change is a program run by Dana Sarauer and Mike Royal at Canadian Mental Health Association. We are here to support you and provide you with resources to make healthier choices. This is a program for men who want to improve their relationships and start to make healthier choices for themselves.*



For more information or to register please contact Dana Sarauer:

Office Ph: 250-398-8220 ext. 2058

Cell Ph: 250-855-8465

Email: [dana.sarauer@cmha.bc.ca](mailto:dana.sarauer@cmha.bc.ca)