



CHAMPIONS OF HEALTHY MANHOOD

*FOR MEN BRAVE ENOUGH
TO BE VULNERABLE &
COURAGEOUS ENOUGH TO
TAKE A STAND*

RESILIENCE
ADVOCATES FOR ENDING VIOLENCE™

**SAFE SPACE
FOR EVERYONE**



PURPOSE

A safe space for local men to bond and connect during their journey of exploring modern-day masculinity and productive allyship.

GOAL

To support our development as mentors and leaders in violence prevention by pursuing, modeling, and promoting healthy and respectful manhood in our community.



IMPORTANCE

Patriarchy hurts ALL of us. Not only is it the root cause of violence against women, but it also negatively impacts the physical, emotional, and social well-being of our men and boys.

SKILL BUILDING

Champions develop and practice skills that build stronger relationships and safer communities. We focus on fostering connection, authenticity, empathy, vulnerability, advocacy, and more!



STRUCTURE

We offer two seasons per year (Spring & Fall) and each season is a total of 20 hours. Each month features one in-person group activity and one virtual discussion.

DISCUSSION TOPICS

- Gender norms
- Violence / abuse
- Mental health
- Privilege
- Fatherhood
- Mass shootings
- Anger, fear, grief
- Leadership



INSPIRATIONAL VOICES

- Tony Porter
- Justin Baldoni
- Michael Ian Black
- Jackson Katz
- Bell Hooks
- Tarana Burke
- Liz Plank
- Brené Brown

CAPSTONE PROJECT

At the end of each season, our team completes a unique community advocacy project. These projects promote violence prevention and healthy manhood and allow our Champions to put their new skills into action.



**TO LEARN MORE, CONTACT
BRADH@RESILIENCEMI.ORG**

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