

Men's Health Forum in Ireland: Men's Health Week 2006 - Online Registration of Event

Men's Health Week (MHW) will run from Monday 12th June until Sunday 18th June this year. The theme for 2006 is "Males and Mental Well-Being".



The purpose of this week is to heighten awareness of preventable male health problems, and to encourage early detection and treatment of illness among men and boys. This week gives everyone (health care providers, public policy makers, community groups, the media ...) an opportunity to encourage men and boys to seek medical advice and early treatment for disease and injury.

The Men's Health Forum in Ireland (MHFI) is inviting groups / individuals to organise an event to mark this week, and we will create a section on our website (www.mhfi.org/mhw.htm) to promote the details of these activities. If you would like to have your details included on this site, please complete and return the form below ...

Name of Event: Men Dealing with Anger

Name of Organisation Running Event: Men's Action Network (MAN)

Contact Person: Michael or Vincent

Address:

6 Shipquay Street
Derry

Post Code: BT48 6DN

Telephone Number: 02871 271795

Fax Number:

E-mail Address: man_in_derry@yahoo.co.uk

Web Site Address:

Brief description of the event - maximum 150 words [what / when / where / why / who for etc.]

Self-awareness of emotions, and the emotional language needed to safely express what it is you are feeling and want, is an area that men often find difficult. Expression of emotions, in an open and positive way, is extremely important to an individual's personal mental health and well-being. Anger, triggered by so many diverse life situations, is one emotion that if left unresolved, or not expressed safely, can often lead to a negative impact on mental health and well-being.

MAN are offering men from throughout the North West a programme consisting of eight weekly 2 ½ hour sessions to explore the emotion of anger. This will offer alternative, safer, healthier options to deal with anger and its impact within a relaxed, confidential and safe space.

Numbers are limited to a maximum of twelve, and the programme will begin on Thursday 15th June.

Please Return To:

Colin Fowler, The Men's Project, Parents Advice Centre, Floor 4, Franklin House, 12 Brunswick Street, Belfast BT2 7GE