

## CJC Men's Circle

Are you looking for a group where you can openly and authentically share what is going on in your life? A welcoming space where you can confidentially express your thoughts, struggles and feelings? Are you experiencing a life change, such as challenges with children, a spouse or romantic partner, your job, retirement, aging, grief, loss or changes in health? Are you looking for a space where you can realize all the aspects of your masculinity in our complicated modern world? Where you can safely express feelings of anger, sadness, joy, fear and shame while being heard and understood by other men?

Potential FAQs	Thoughts about answers
What makes this a Jewish support group?	Jewish values will guide our support for each other. There may be Jewish themes, Torah teaching and Jewish ritual coming from the group leader(s) or from members.
How often will we meet?	Once a week. We may decide to meet in a series of sessions, perhaps six.
Must I attend all meetings?	Members will be encouraged to make a commitment to how often they can attend in line with their other life commitments.
How long will the meetings last?	90 minutes, subject to adjustment by group consensus.
How do I join?	Talk to the leader of the group and share what you would like to get out of the group, and your availability to attend meetings regularly.
Do I need to prepare for the group?	Come as you are. Be present in the moment. Turn off your electronics. Tune in to your feelings.
How do I leave the group if it doesn't work for me or if I'm no longer interested?	Ok to leave, but please ask for closure. Obligation of confidentiality continues beyond participation.
What does confidentiality mean in this group?	Members of the group will make a commitment to keep whatever is shared in the group strictly confidential.
How is this different from talk therapy?	This is a group for men to be open about their feelings and life experiences, while being seen and supported by other men. This has been very beneficial and validating to men in similar groups. The group is led by men with more than 25 years of experience in men's groups. But there is no therapist or life coach leading the group, nor can the group be considered therapy.
Do I need to be a CJC member to participate?	Yes, but note that CJC's flexible policies ensure that ability to pay will not stand in the way of your membership.
Do I need to be Jewish to participate?	No, all CJC members are welcome.
Is this group open only to men?	Our Circle is designed as an affinity space for men who wish to come together around a shared identity and constellation of experiences and to make our temple and the world a better place. We celebrate men of cisgender and transgender experience and strive to be a space where all men can fully belong.

Why have a separate group for men?	There are many challenges to being a fulfilled and happy man in today's world, e.g., how to show up as a partner, father, family and community member, how to manage strong emotions in ways that do not hurt ourselves or others. Sharing and emotional openness does not always come naturally to men, so having only men present can sometimes make this easier and allow for expression that a mixed group does not.
What do we actually do in the group?	This group will focus on learning how men can share their life experience openly and authentically, exploring life challenges with group support, making commitments and setting goals, and learning how to resolve interpersonal conflicts.
I'm not sure if I want to participate. How can I find out more about the group and if it is right for me?	Attend one meeting, talk to the group leader, talk to Rabbi Michael.

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