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 will start with six sessions, and then the group will decide how and when to continue.
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.
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?	It is okay 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?	No, but you must be invited (or sponsored) by a CJC member. Also note that CJC has very flexible member payment policies.
Do I need to be Jewish to participate?	No, you do not need to be Jewish. The group is open to all who come with a commitment to the work of being a better man and strengthening community.
Is this group open only to men?	Our Circle is intended for individuals who self-identify as men of any sexual orientation.
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

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	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 leaders - Larry Schoen, (410-340-1525) or Sam Stern (202-407-0572), sharing what you would like to get out of the group, talk to Rabbi Michael.
How do I join?	Talk to the leaders - - Larry Schoen, (410-340-1525) or Sam Stern (202-407-0572), or just click on this link.

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