

Men's Empowerment Group

8-Week Curriculum

Start Date June 4th, 2026

End Date July 30th, 2026

Every Thursday at Care Campus

11:30 a.m - 1:00 p.m



Our Curriculum



Active Listening & Body Language

Enhance communication skills by actively listening, understanding others, and using non-verbal cues effectively.



Goal Setting & Accountability

Set realistic goals aligned with aspirations, prioritize accountability for motivation and commitment.



Self Esteem & Positive Image

Develop self-worth, confidence, and positive self-image for personal and professional growth through exercises and discussions.



Personal Development

Learn financial literacy skills like budgeting and debt management. Explore tech opportunities for career and personal growth.



Parenting, Relationships & Employment

Receive guidance on parenting, relationships, job search, resume building, and interview techniques to enhance your employment opportunities.



Life Skills

Practice social skills and enhance verbal and written communication for clear expression in various aspects of life.



<https://tinyurl.com/54ez4tdv>



Lunch will be provided



Incentive to be determined



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