

## Over Sixty: On-Going Group For Men

Personal development On-going group | Course leader Paul Allsop



The Men for Men programme has offered men's groups for men in various stages of life for over thirty years. The over sixty on-going group led by Paul reflects the long body of experience and learning generated by the programme over this time.

Each stage of life has its own particular challenges and in any stage of life there are endings and beginnings which continue to form new experiences. Ageing involves many more endings than other stages of life. But it is also a time of reflection and resolution, a time which offers the possibility of deepening and of being differently present, and a time to participate in life and receive life, in a new way.

The over sixty group provides a space for men to be with other men in this very special phase of life and explore together the complex, unknown and uncharted territories of ageing and how we form it.

The course will meet from 1pm-4pm on Friday afternoons and will be limited to ten participants.

### Dates for 2019

Winter Term:

January 11, 29, February 8, 22, March 8, 22

Spring Term:

April 26, May 10, 31, June 14, 28, July 12

Autumn Term:

September 6, 20, October 4, 11, November 1, 15, 29, December 13.

The group will meet from 1pm-4pm.

### Cost

Winter Term: £384

Spring Term: £384

Autumn Term: £512

### How to enquire

For further information on this group, please contact Paul either through our website or on 020 8248 7844.

