

Male Empowerment Network

BE THE MAN YOU WERE MEANT TO BE!

THURSDAYS @ 2:30 PM



SCAN ME

**FREE
SNACKS &
COFFEE**

The Male Empowerment Network (M.E.N.) is a Men's Support Group that provides a safe space by promoting trust, openness, fellowship, and collaboration within the group. This group helps men develop a sense of understanding and compassion that they can use in their everyday lives.

This group uses the *8 Dimensions of Wellness Model* to facilitate emotional, spiritual, social, and intellectual growth in the individual.



Join M.E.N. at:
21625 Great Mills Road
Lexington Park, MD 20653
Questions? Call Zuriel "Z"
at: (301) 481-9174



HARM REDUCTION PROGRAM
ST. MARY'S COUNTY HEALTH DEPARTMENT