

Healthy Masculinity – Leaders Notes

Congratulations! You brought your group through all of the **Real Men Essentials** course.

This is the final session, it finishes with an encouragement to be in and to value Christian community, and then some advice on having realistic expectations for change and growth.

You might want to go back to running connect group normally, but individual men might be interested in taking things further.

Coming in 2019 will be **Real Men Healthy Sexuality**, a closed group course focusing on helping men who struggle with the sorts of issues identified in the Sexual Purity session of this course.

There are other courses dealing with marriage, divorce, depression and addictions, so keep an eye out for those too.

Feedback on the course can be given to the author, Angus McDonald (falkayn@gmail.com) and this will be used to improve future versions.