

# GAIN

CLARITY, JOY,  
SUPPORT,  
RELATIONSHIPS,  
CONNECTIONS,  
BALANCE,  
CONFIDENCE



**Victories**  
CONNECT · DISCOVER · THRIVE

FOR MORE THAN **30 YEARS**,  
VICTORIES HAS HELPED MEN LIVE THEIR LIVES  
MORE FULLY.

Victories offers a safe and empowering place for men to discover more about themselves, connect with other men and build meaningful lives. Wherever they are on their journey, we invite men to consider our weekend programs as a step on the path of personal growth.

Victories promotes a healthy masculinity that is affirming and constructive. Through vulnerability, compassion, communication and trust, we can make our families, communities and world, a happy, safe, and vibrant space.

[www.victoriesformen.org](http://www.victoriesformen.org)

 [facebook.com/VictoriesOfTheHeart](https://facebook.com/VictoriesOfTheHeart)

 [@VictoriesForMen](https://twitter.com/VictoriesForMen)

 [linkedin.com/company/victories-of-the-heart](https://linkedin.com/company/victories-of-the-heart)

 [instagram.com/victoriesoftheheart](https://instagram.com/victoriesoftheheart)



# DISCOVER

the best in yourself.

Create the life you want by taking time for yourself and trying something new. Join thousands of men who have discovered and embraced the best in themselves.



# 96%

of men who attended a Victories weekend would recommend the experience to a friend.\*

Victories provides opportunities to learn more about yourself, to recognize and express your emotions, to communicate more authentically with others and to feel good about the man you see in the mirror.

**LIVE AS THE MAN YOU ALWAYS IMAGINED.**

LEARN MORE:

 [victoriesformen.org](http://victoriesformen.org)

# BUILDING YOUR CIRCLE OF BROTHERS

\* Based on a 2019 study conducted by Victories of men whom attended events

# BEGIN YOUR JOURNEY

AT VICTORIES, WE OFFER A VARIETY OF WEEKENDS FOR THE DIFFERENT STAGES OF YOUR LIFE.

## **BREAKTHROUGH WEEKEND:**

Overcome barriers that stand between the life you lead and the life you desire.

## **SHADOW WEEKEND:**

Achieve greater wholeness, increase your personal power and improve relationships by discovering and owning the most hidden and valuable parts of yourself.

## **BEST SELF WEEKEND:**

Take what you've learned from your previous Victories weekend experiences and bring your life to the next level.

## **WISDOM YEARS WEEKEND:**

Begin to answer a challenging and profound question: How do I successfully live the rest of my life?

**WE RECOMMEND THAT MEN DO THE WEEKENDS IN THE ORDER STATED ABOVE, THOUGH WE OFFER FLEXIBILITY.**

## **COUPLES WEEKEND:**

Learn and develop crucial skills for maintaining a nourishing, loving relationship.

## **WEEKEND LOCATIONS:**

All weekends are held at retreat locations 2-3 hours from Chicago.



## **OPEN CIRCLE:**

This weekly, drop-in group invites any man who is looking for support or who wants to experience a Victories group before attending a weekend. This group is open to both weekend alumni and new men.

## **INTRO TO VICTORIES:**

Attend an informational session with weekend leaders and staff to learn about our programs.

## **CELEBRATING THE WEEKEND:**

After each weekend experience, we invite everyone to a celebration to hear from men about their experiences, and to meet the weekend leaders, staff, and others involved in the Victories community.

## **REGISTER FOR A WEEKEND!**

**DISCOVERY IS A JOURNEY!**



LEARN MORE...

 [victoriesformen.org](https://victoriesformen.org)

# BREAKTHROUGH

## MAKE CHANGES TO YOUR LIFE WITH THE SUPPORT OF OTHER MEN

During this powerful retreat, men find a safe, supportive and confidential place to explore the past and its impact on their present. They learn to identify and express their emotions, while building new connections with other men.

### WHY DO THE WEEKEND?

Men attend this weekend for all different reasons, and each man has a different story. On this weekend, men will discover that they have the tools to succeed, that they are capable and worthy of having the life they want. After completing this weekend, men find greater compassion for themselves and others. With other men by their side, they can continue their journey with renewed confidence, trust and optimism.

### WHAT HAPPENS ON THE WEEKEND?

The BreakThrough Weekend incorporates communication exercises, journaling, role-playing, and discussions. While this program can be serious, humor and laughter also play important roles throughout the weekend.

### WHAT HAPPENS AFTER THE WEEKEND?

After the weekend, men can continue their journey together by joining a Personal Growth Group (PGG). See the Personal Growth Group page in this brochure.

### UPCOMING WEEKENDS DATES

#### 2019:

**October 25-27**  
**December 6-8**

#### 2020:

**March 6-8**  
**June 5-7**  
**October 23-25**  
**December 4-6**

#### LEARN MORE...

[▶ victoriesformen.org/btw](https://victoriesformen.org/btw)



# SHADOW

## DISCOVERY, ACCEPTANCE, EMPOWERMENT

### EXPLORE AND OWN ALL PARTS OF YOURSELF

During this powerful advanced retreat, weekend participants continue their personal journey. Achieve greater wholeness, increased power and improved relationships by discovering and owning the most hidden, valuable parts of yourself.

### WHAT HAPPENS ON THE WEEKEND?

Supported by weekend leaders and each other, participants engage in the challenging work of uncovering and embracing their “shadows,” the parts of their inner being that they have worked to conceal from themselves and the world.

By looking deep within and bringing the “shadow” into the light, men rediscover their buried potentials: the strengths of character and individual talents that affirm their warmth and their worth.

### COME WITH YOUR GROUP!

We encourage men to have a transformative weekend with members of their PGG. Attending a weekend program like this together is a great way to re-energize your group!

### UPCOMING WEEKEND DATES

#### 2020:

**October 16-18**

### PREREQUISITES

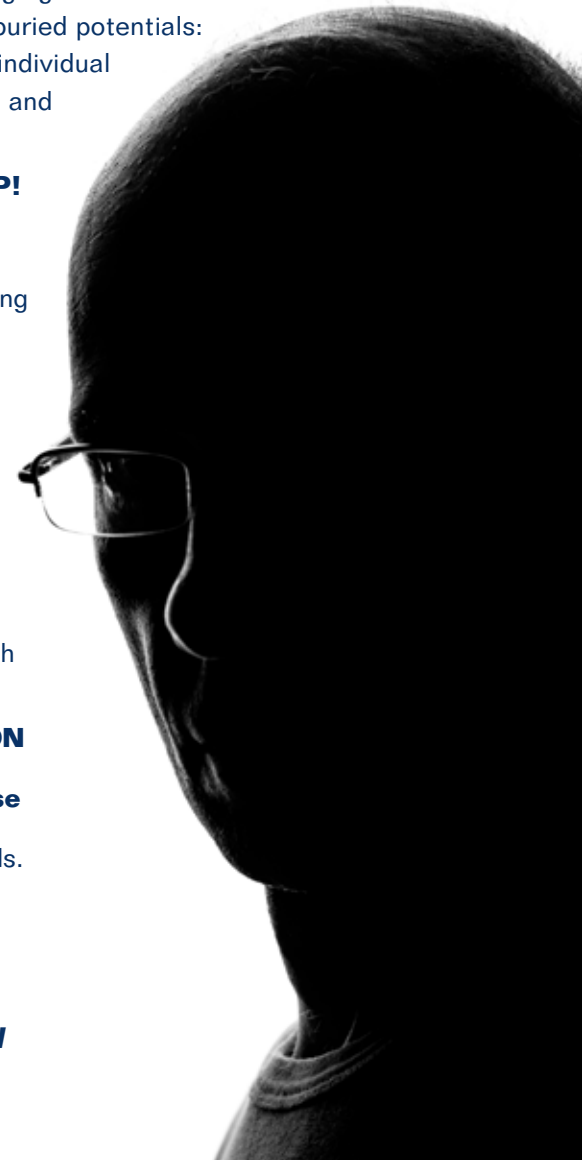
Participation in the BreakThrough or Wisdom Years Weekend

### ATTEND AN INTRO SESSION

Curious about the Shadow Weekend? **Attend the Glimpse Your Shadow introduction evening.** See website for details.

#### LEARN MORE...

[▶ victoriesformen.org/sw](https://victoriesformen.org/sw)



# BEST SELF

## OWN YOUR BEST SELF

Take what you've learned from your previous Victories weekend experiences and bring your life to the next level. We know our best self when we experience it, and yet those experiences can be fleeting. How can we learn to be there more often?

## WHAT HAPPENS ON THE WEEKEND?

The Best Self Weekend is a creative and uplifting experience that provides you with the space to recognize your own strengths, reflect on your own work and learn what may be keeping you from living your best self. Through play, creative expression and group process, men can discover and acknowledge the best of themselves and experience it fully in a supportive and welcoming environment.

## COME WITH YOUR GROUP!

We encourage men to have a transformative weekend with members of their PGG. Attending a program like this together is a great way to re-invigorate your group!

## PREREQUISITES

While men are most ready for the Best Self Weekend once they have completed the Shadow Weekend, doing so is not mandatory. Attending the BreakThrough or Wisdom Years Weekend is a prerequisite to be able to attend the Best Self Weekend.

## UPCOMING WEEKEND DATES

**2020: April 24 - 26**

LEARN MORE...

 [victoriesformen.org/bsw](https://victoriesformen.org/bsw)



# WISDOM YEARS

## LIVE YOUR LIFE WITH COURAGE AND CONFIDENCE

Reaching 50 is more than a milestone. For many men it also signals an important transition, one that brings both new concerns and new opportunities. The Wisdom Years Weekend was created to help men over 50 live with courage and confidence.

## WHAT HAPPENS ON THE WEEKEND?

On this weekend men explore how to communicate deeply and honestly, to discuss the most important issues they face at this stage of their lives, to identify what may be blocking them from moving in the direction they really want to go, and to learn how to emerge into greater fulfillment and satisfaction. While the weekend can be very serious, activities also include music, song, and ample doses of good-natured humor. On this weekend, men come together in a spirit of respect, safety, confidentiality and hope.

## WHAT HAPPENS AFTER THE WEEKEND?

After the weekend, men can continue their journey together by joining a Personal Growth Group (PGG). See the Personal Growth Group page in this brochure.

## UPCOMING WEEKEND DATES

**2020: January 31 - February 2  
May 1 - 3**

## PREREQUISITES

The Wisdom Years Weekend welcomes all men over the age of 50.

LEARN MORE...

 [victoriesformen.org/wyw](https://victoriesformen.org/wyw)





# COUPLES WEEKEND

## COUPLES CONNECTING

This weekend helps couples observe and practice specific skills and processes to help them connect more honestly and lovingly with each other.

## WHY DO THE WEEKEND?

This weekend is attended by couples seeking an understanding of why relationships are so often frustrating and different from beginning expectations. They want skills for better communication and resolution of conflicts that arise in their everyday lives. Most of all, they want a loving and emotionally satisfying relationship.

## WHAT HAPPENS ON THE WEEKEND?

The Couples Weekend contains lecture, educational exercises, process demonstration, time for couples to practice skills on their own and group discussion. Victories leaders and staff provide supervision and guidance during work sessions.

## UPCOMING WEEKEND DATES

2019: November 1-3

2020: May 29-31

## PREREQUISITES

This weekend is open to couples of all sexual orientations in a committed relationship.

## LOCATION

This weekend is held in the Chicagoland area and does NOT include accommodations.



LEARN MORE...

[victoriesformen.org/cw](https://victoriesformen.org/cw)



# PERSONAL GROWTH GROUP

## CONTINUE THE WORK WITH THE SUPPORT OF A GROUP

After each BreakThrough and Wisdom Years Weekend, men can continue their journey together by joining a Personal Growth Group (PGG). A weekend helps a man envision the change he seeks; the PGG helps him make it real. It offers men:

- A circle of friendship
- A place to continue learning and self-discovery
- Connection, support, and acceptance from the men of his weekend
- Accountability and commitment
- Safety – where a man can be vulnerable and authentic

PGG meetings are facilitated by trained volunteers for six months, and most groups continue after the facilitation. Some Victories groups are still meeting five, ten, even thirty years after their weekend.

## CAN'T COMMIT TO A GROUP?

Attend the Open Circle! This drop-in support group for men welcomes any man to attend who is looking for support and/or who wants to experience a Victories group before attending a weekend. This group is open to both weekend alumni and new men. Open Circles are currently held in Evanston and Oak Park.

LEARN MORE...

[victoriesformen.org/groups](https://victoriesformen.org/groups)

# STAY CONNECTED

## WORKSHOPS & TRAININGS

Stay active and engaged by participating in trainings and workshops. Meet other men and learn new skills to bring back to your group. Some workshops are open to men and women. Check our website and subscribe to our newsletter to stay informed about upcoming programs.

### SERVING MEN: BREAKTHROUGH STAFF TRAINING

This full day training reviews the structure of the weekend, prepares you for staffing and teaches you how to mentor men through the weekend. Required to staff a BreakThrough Weekend.

### FACILITATING SMALL GROUPS: WISDOM YEARS LEADERSHIP TRAINING

This full day training reviews the structure of the weekend, provides instruction in leading small groups and teaches you the importance of the small group to the weekend. Required to staff a Wisdom Years Weekend.

### FACILITATING PERSONAL GROWTH GROUPS (PGG)

This full day training illustrates what makes a successful group, how to remove blocks to connection and what exercises and methods can help create deep, powerful groups. Required to become a PGG Assistant Leader.

LEARN MORE...

[▶ victoriesformen.org/workshops](https://victoriesformen.org/workshops)



## VOLUNTEER

Victories is a volunteer-driven organization of men & women who want to help others continue their personal growth and build their community. Each year volunteers give over 15,000 hours to Victories. We are grateful that our community are willing to share their expertise and time with the organization.

Some ways you can help Victories:

- Refer men to Victories
- Staff a Weekend
- Serve on the Board or a Committee
- Donate to Victories

LEARN MORE...

[▶ victoriesformen.org/volunteer](https://victoriesformen.org/volunteer)



### 1. WHO ATTENDS VICTORIES

**WEEKENDS?** Weekends are attended by men from all backgrounds regardless of race, age, religion, sexual orientation, gender identity or economic status. For the BreakThrough Weekend, ages range from late 20's to 70's, the minimum age is 21. The Wisdom Years Weekend is offered to all men over 50.

### 2. WHY DO MEN ATTEND WEEKENDS?

Men attend weekends for different reasons. Some men want to change something in their life but don't know where or how to start. Others have done previous personal growth experiences and want to try something new. Some men want to connect with other men in order to feel less isolated. Others want to learn how to better communicate with their loved ones. Each man comes with a different story.

### 3. WHAT ARE THE ADVANTAGES OF PARTICIPATING IN A WEEKEND?

Exploring important issues as part of a group deepens one's experience and personal growth. Men are particularly susceptible to isolating themselves and embracing the belief that "I am the only one who is experiencing this." These weekends provide the validation and healing that comes from the realization that one's concerns and stories are shared and accepted by others. Helping and supporting other men is empowering, providing for personal growth.

### 4. IS FINANCIAL ASSISTANCE AND/OR PAYMENT PLANS

**AVAILABLE TO ATTEND THE WEEKEND?** Victories does not want financial obstacles to stand in the way of a man who is ready and willing to do a weekend. We invite men to ask for the assistance they need. Financial assistance and payment plans are available for all weekends and programs. Interested participants should go to our website or contact Victories for more details.

### 5. HOW WILL I KNOW IF I AM READY TO ATTEND THIS WEEKEND?

Men are ready for this weekend when they decide to make an important change in their lives and/or desire to accelerate their personal growth.

### 6. IS THIS THERAPY? No.

### 7. ARE THE WEEKENDS SAFE FOR GAY AND TRANS MEN?

Yes. In every program, Victories welcomes and celebrates all who identify as men across the whole spectrum of sexuality.

### 8. I AM IN A 12 STEP PROGRAM. IS THIS WEEKEND RIGHT FOR ME?

Victories does not offer professional psychological or psychiatric services or addiction counseling, nor are its programs specifically designed to address the issue of addiction. This weekend is not appropriate for men who are working to manage active addiction. However, men who are in a 12 step program and/or consistently working with a therapist or counselor will find the weekend to be an additional space of compassion and support.

**9. WHAT ABOUT CONFIDENTIALITY?** All men attending the weekend — participants and staff — sign a confidentiality agreement stating that they will not disclose the statements or experiences of another man. The leadership team will maintain confidentiality except in the case of an imminent threat of harm to self or others.

**10. DOES VICTORIES REQUIRE MEN TO SUBSCRIBE TO ANY PARTICULAR SET OF BELIEFS?** Victories is a secular organization and has no religious component or affiliation. We welcome men of all religious, spiritual, and secular persuasions.

# MENTAL HEALTH PROFESSIONALS

Victories weekend and group programs are an excellent complement to psychotherapy, as they offer men the benefit of peer support. This support can help men further practice the tools of communication, honesty, accountability and emotional intelligence.

Victories values our relationships with mental health professionals throughout the Chicagoland area. Most of our participants are referred to us from a therapist, marriage counselor or life coach.

## SCHEDULE AN INTRODUCTION TO VICTORIES SESSION

Weekend leaders and staff members can talk with you and your colleagues about Victories and how our programs can complement the work your clients do in therapy.

## ATTEND A WEEKEND: DISCOUNTED RATE AND 15 CEUS

Victories offers a discounted weekend fee of \$250 for male mental health professionals to attend the BreakThrough or Wisdom Years Weekend. Individuals with LCSW, LCPC, LMFT, and licensed Psychologists are eligible to receive 15 CEUs for attending the weekend for an additional \$25 certificate fee.



*"The Victories Weekends will allow each client/patient a new and enriching experience so that upon his return to his therapist, he will have hopefully reached a more opened internal self, leading to new insights and understandings to his personal human betterment". - Paul*

LEARN MORE...

 [victoriesformen.org](http://victoriesformen.org)

# BUILD

fullfilling relationships and a meaningful life.

*"Despite being very anxious before the weekend, I couldn't be more satisfied with the outcome. It's given me the inner strength and peace to open myself up to those closest to me."*

-Tom

*"Victories has been instrumental in my personal growth over the past five years. It's helped me deepen my existing relationships, develop new, life-long friendships, and feel empowered to not only change careers and follow my heart, but also pursue my personal journey to strive to be my best, most authentic self."*

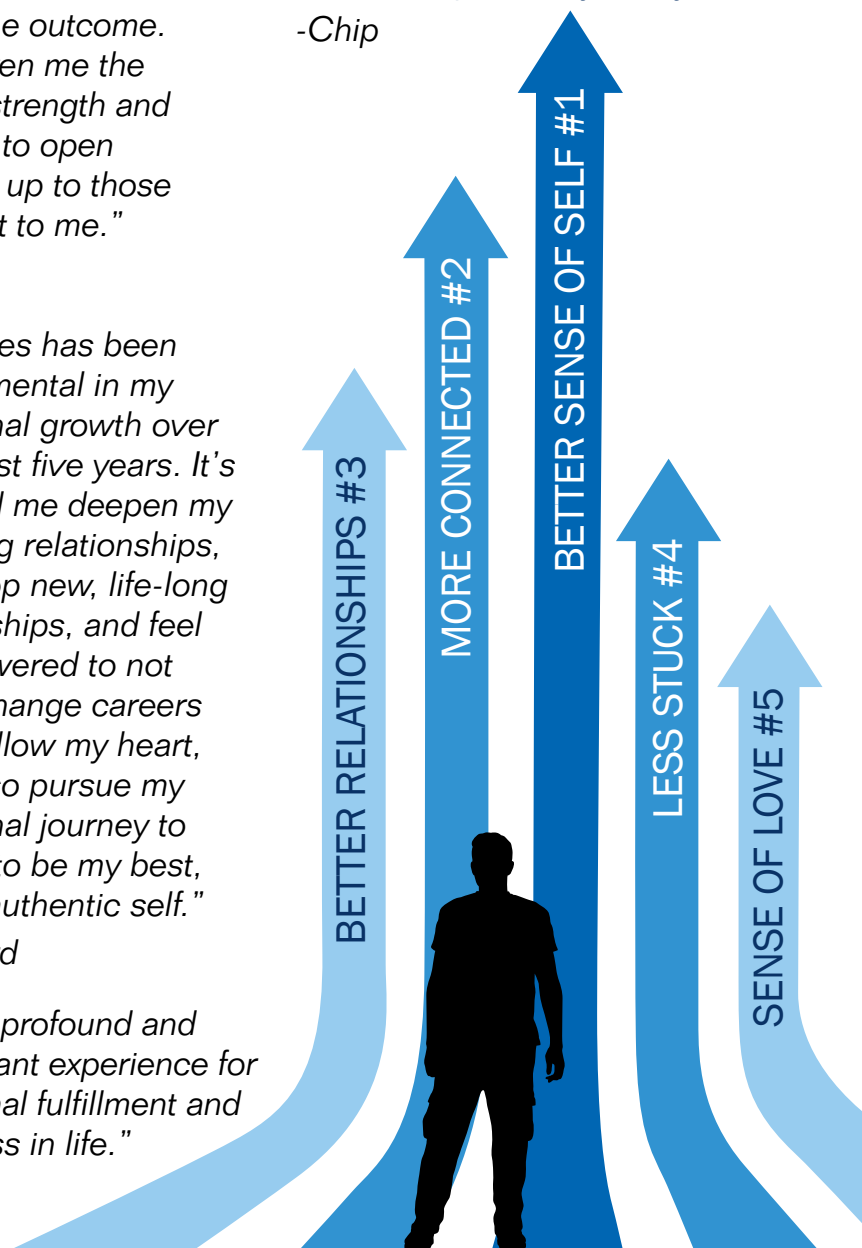
-Richard

*"A very profound and important experience for personal fulfillment and success in life."*

-Chris

*"A life changer—I think I now have the ability to have a more productive and love-filled relationship with my family."*

-Chip



MEN WHO ATTENDED VICTORIES WEEKENDS EXPERIENCED THESE RESULTS

\* Based on a 2019 study conducted by Victories of men whom attended events





5315 N. Clark St., #224

Chicago, IL 60640

Phone: 312.604.5013

Fax: 312.386.7101

[info@VictoriesForMen.org](mailto:info@VictoriesForMen.org)

[www.victoriesformen.org](http://www.victoriesformen.org)

**Learn More about Victories...**

**Visit the Open Circle**

»» [www.victoriesformen.org/opencircle](http://www.victoriesformen.org/opencircle)

**Join us for a Weekend Celebration**

»» [victoriesformen.org/Celebrations](http://victoriesformen.org/Celebrations)

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