How Can P.R.I.D.E. RAP

Sessions Help You?

P.R.I.D.E. RAP Sessions help men share common feelings, concerns, and experiences.

P.R.I.D.E. RAP Sessions can help with problem-solving in an individual's life, and supply much-needed positive feedback and personal support for a man's situation and for his work towards change in those situations which demand it.

P.R.I.D.E. RAP Sessions attempts to raise men consciousness by introducing new ideas on men issues to group participants so as to foster and exchange viewpoints and information among the group members.

P.R.I.D.E. RAP Sessions aims at expanding men understanding and awareness of sex role issues. It serves as a base for men to change their attitudes, beliefs, and behaviors in ways they deem valuable.

P.R.I.D.E. RAP Sessions offers excitement and potential for individual growth and

Release Any Pressure with P.R.I.D.E.

What’s on your mind?

MEN discussing issues that concern them the most.

Understanding that you are not alone; let’s talk about it

P.R.I.D.E. RAP Session
Bldg. 300, Room 303
Phone: 252-536-5464

http://halifaxcc.edu/flinew/
RAP Session’s Mission

P.R.I.D.E.’s RAP Session mission is to provide relevant experiences for males that will ensure success academically, professionally and socially through development in the following areas: education/retention; leadership; social justice issues; community involvement; and cultural and spiritual enlightenment.

P.R.I.D.E. RAP Sessions

Are ongoing experiential support groups for men where the focus is on sharing the common struggles that we as men experience on a daily basis. P.R.I.D.E. provides a safe and confidential setting to be heard, understood, and give voice to those aspects of our lives that we are struggling with on a daily basis. We can release and move past them to a life with more clarity, determination, and focus.

HEY!!!

Has Life Thrown You Any Curves?

If so, P.R.I.D.E. RAP Sessions could be a good resource.

Why Attend

In today's complex society and rapidly changing role definitions, RAP Sessions are a vital element in the forming of new ideas about who we are and how we operate in our lives. By interaction and interchange with others of common bonding, we can see that our problems and concerns are not unique. In fact, they are often shared by others who may have developed ways of dealing with them that can be beneficial to us, and vice versa. RAP Sessions can serve as masterminding nucleus to create solutions to problems that may be personality, academically, or socially based. There is currently no better way to develop these areas than in RAP Sessions.

P.R.I.D.E. RAP Sessions gives mutual non-judgmental support.

Share life experiences and how we are affected by them. How we deal with them.

Celebrate our triumphs. Seek new answers... ask new questions.

If any of this hits home, take the next step and attend a meeting...

Why MEN Only

Women tend to be naturally more inter-personally outgoing than men, when it comes to discussing emotional and/or personal questions.

Many women do have support groups, in the beauty parlor, exercise studio, or simply within a close circle of friends. Most men generally have few friends with whom they can discuss personal and sensitive matters.

Men will rarely go near the root of their fears if as few as one woman is in the room. It violates the safety and defeats the whole concept.