

## **MEN ON MEN WORK SHOP 2015 -WEEKLY TOPIC SCHEDULE**

### **JANUARY "NEW YEAR NEW START"**

January 6th- "New Year New Start-Resolutions and Revolutions"

January 13th- " Make friends and meet people- Join a sport group, be a volunteer and more "

January 20th- "Starting New Relationships, scene dating, other venues to meet guys"

January 27th- "Men on Men Love- What's Love Got to do with it in 2015"

### **FEBRERY "LOVE AND SEX/VALENTINE'S DAY CAN NOT BE IGNORE OR CAN IT?"**

February 3rd- "Hooking-up/The Art of Filtration"

February 10th- "On Line Valentine-the complexities of online dating and hooks-ups"

February 17th- "Finding Mr. right-negotiating what you want, what you need and what you still have to learn"

February 24<sup>th</sup> – "moving in together – what to talk about beforehand and how to make it work after"

### **MARCH "LETS GET PHYSYCAL -SUMMER AND PRIDE ARE BOTH AROUND THE CORNER, BUT YOUR PHYSICAL HEALTH IS AN ALL YEAR CONCERN"**

March 3rd- "Body Image-Fitness and Weight loss/gain-Deciding what's right for you and building it into your life"

March 10th- "More than HIV and STI's- cancer in gay men"

March 17th- "Drugs and Alcohol-managing it or getting help"

March 24th- "Nutrition-eating for your present and future body and mind"

March 31st- "Gay guys in sport – how to join an LGBT sport group"

## **APRIL "ALPHABET SOUP-CELEBRATING OUR QUEER COMMUNITIES"**

**April 7th-** "What is in a label- gay, bisexual, trans\*, queer, homosexual, asexual, pansexual, omnisexual, trisexual, agendered, bi-gendered, third-gender, cross-dresser, 2-Spirit, Hijra, Polyamorous, undecided, questioning and more"

**April 14th-** "Trans\* 101- Learn and share knowledge to support and include Trans\* folks"

**April 21st-** "Kink, Leather, Bears and more"

**April 28th-** "Bisexuality"-overcoming challenges from all sides"

## **MAY "AGE AIN'T NOTHING BUT A NUMBER"**

**May 5th-** "Ageism in Gay culture – how can we challenge it?"

**May 12th-** "Older gay men get active/a “ground-breaking” generation"

**May 19th-** "Younger and Older – what we can learn from each other"

**May 26th-** "Intergenerational relationships – challenging stigmas and barriers"

## **JUNE "COLOURS OF THE RAINBOW"**

**June 2nd-** "Challenging Racism and white privilege in the gay community"

**June 9th-** "Cultural crossovers" – Mixed Race Love"

**June 16th-** "Around the World/Gay life in other countries vs Vancouver"

**June 23rd-** "Life as a gay immigrant/refugees – what can we learn from each other"

**June 30th** "The changing landscape of Gay aboriginal/two spirit guys"

## **JULY "PRIDE MONTH"**

**July 7th- "Standing Together" – Trying to be inclusive with so much difference"**

**July 14th- "Gay Rights and History" – from Stonewall to Grinder"**

**July 21st- "Gay Idols and Gays in the Media – who are our role models?"**

**July 28th- "Have a fun and safe Pride" Tips for enjoying the week"**

## **AUGUST "GAY SEX – EVERYTHING YOU WANTED TO KNOW/ASK"**

**August 6th "Exploring Sex" – knowing what you like and being open to new experiences"**

**August 13th "Sexual Health 101" – Meet the sexual health nurse.**

**August 20th "Everything you ever wanted to know about Anal Sex, Blow Jobs, Bathhouses and more"**

**August 27th "The age old debate" Are we built to be monogamous? Finding and negotiating the sex you want"**

## **SEPTEMBER "MENTAL HEALTH MONTH"**

**September 8th- "Does being gay stress you out?" (Minority stress theory) and Stress management"**

**September 15th- "Self-esteem and Self-love" ( Build it and Keep it)**

**September 22nd- "Living / Coping with Depression, Anxiety and Suicidal thoughts"**

**September 29th- "Gay men and mental health" – Accessing supports and supporting others"**

## **OCTOBER "KNOW YOUR GAY RIGHTS"**

**October 4th- "Gay bashing" – what can you do? / what you can do!**

**October 11th- "Discrimination in the workplace and other legal rights"**

**October 18th- "Criminalization of HIV" – the ever changing landscape**

**October 25th- August "Relationship legalities" wills, taxes, marriage and divorce.**

## **NOVEMBER "EXPERIENCING BETTER SEX and INTIMACY "**

**November 3rd- "Negotiation skill to improve sex life"**

**November 10th- "Meet the sexual health nurse "**

**November 17th- "History of HIV / prevention"**

**November 24th- "Towards World AIDS day / The new face of HIV"**

## **DECEMBER "WE ARE FAMILY"**

**December 8th- "Gay men who have / want kids"–“Celebrating the Modern Family”-Becoming a dad**

**December 15th- "Staining Mom’s Sheets (and dealing with the aftermath..)" -Taking your man home for the holidays.**

**December 22nd- "Men on Men end of year ‘Pot Luck’ Social Event**

