



Awakening Our Potential

In the journey of life, we often find ourselves seeking ways to grow and improve. Though born with limitless potential, many of us lose sight of this truth as we navigate life's challenges and become entangled in its demands. Rediscovering and awakening our innate human potential thus becomes a crucial aspect of our personal evolution.

Join us at the MCM Fall Weekend Retreat to explore the *Awakening Our Potential*.

Shaping Our Retreat Experience

We invite you to take an active role in crafting our retreat experience. Lead a workshop that resonates with your personal journey and interests, contributing to a program that reflects our community's collective wisdom.

Visit mainecoastmen.net to register online and for more information.

Drawing by Dan Kirchoff. ©2024

Join a community of men for a weekend retreat of sharing and support. Expect to hear from others and share your perspectives on what matters most to you: Relationships, Aging, Death, Sex, Work, Sobriety, Mental health and Spirituality. We welcome all self-identified men with goodwill who will abide our community agreements to be part of Maine Coast Men.

**A Retreat of Men
Friday, October 18 to
Sunday, October 20, 2024
at Tanglewood 4H Camp**