



P.R.I.D.E. Offers *M.O.R.E.*

*Minimizing Obstacles that
Reduce Empowerment*

**Men Coming Together to
Overcome Real Men Issues...**

Release Any Pressures (RAP) Sessions

How Can M.O.R.E. Help You?

M.O.R.E. RAP Sessions:

Provide a space and place for men to share common feelings, concerns, and experiences.

Is a place for men interested in changing attitudes, beliefs, and behaviors in ways they deem valuable.

Helps with problem-solving and supplies solution-oriented feedback and support for men-oriented challenges.

Raises male consciousness by introducing new ideas on male-oriented issues. Group and personal sharing fosters healthy dialogue, exchange, viewpoints, and information among members.

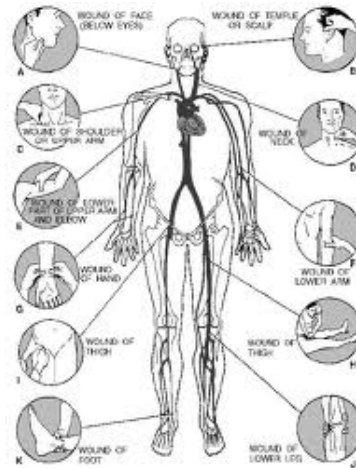
Include leadership, social consciousness, and issues pertaining to awareness of sex role

A place for men to share, explore, adapt, and understand how to become successful.

Why Participate?

RAP Sessions help us form new ideas about who we are and how we manage our lives. By interacting and exchanging, a common bonding occurs and participants can see that their problems and concerns are not unique but are experienced by others who have since developed strategies for dealing with them and can be beneficial to others.

The Human Pressure Points...



For additional information, contact:

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Release M.O.R.E. Pressure
*Minimizing Obstacles that
Reduce Empowerment...*

The P.R.I.D.E. **Release Any Pressure** (RAP) Sessions are designed to provide problem-oriented support to men that increase success academically, professionally and socially through development in the following areas:

RAP is an ongoing experiential support group for men and focuses on sharing the common struggles that men face on a daily basis. RAP sessions provide a safe and confidential setting to be heard and understood—giving voice to the struggles of daily living. RAP sessions help each man move past personal challenges to a life with more clarity, self-direction, and focus.

Release M.O.R.E. Pressure
RAP Sessions

To assist men with the deeper-rooted personal concerns, Halifax Community College (HCC) has established the **Release M.O.R.E. Pressure (Minimizing Obstacles that Reduce Empowerment)** rap sessions. M.O.R.E. is designed to enhance wellness, values clarification & life skills that improve academic performance and success. M.O.R.E. also provides opportunities for men to *further* release their pressures

through support from organizations and professionals in the community.

1. Awareness of personal stressors that complicate successful adjustment
2. Mastery of coping strategies that help monitor and control stressors
3. Critical thinking & problem solving
4. Academic Retention and Success
5. Personal, Leadership, and spiritual enlightenment.

M.O.R.E. also helps minimize un-wellness concerns that negatively impact adjustment, engagement, performance, and adaptability.

M.O.R.E.—For Those Who Want More

M.O.R.E. is designed for that select group of men who are serious about understanding barriers that have prevented them from becoming successful educationally and/or in life in general. M.O.R.E. focuses on the awareness stages leading to behavior change and a more conscientious, goal-oriented, disciplined, and self-directed approach to succeeding in college and in life.

M.O.R.E. Helps Men:

- Understand the sources of their stressors and strategies to manage them
- Learn about various community services available in the community to help you minimize stressors that affect

college performance (academic, social, psychological)

- Arrange one-on-one meetings with professionals and organizations to help you modify behaviors
- Awards and recognition--campus, community and other forms of media acknowledgment
- Opportunities to travel and interact with other NCCCS minority male programs throughout the state.

M.O.R.E. Restorative Goals

M.O.R.E. is designed to help men:

1. Establish a therapeutic environment where men share in confidential one-on-one or small group settings.
2. Increase sense of self empowerment and control by fostering an understanding of the major life roles and challenges faced by men
3. Increase awareness of academic, personal, social and environmental stressors that impede success
4. Identify coping strategies and behaviors needed to overcome daily challenges faced as AFAM male.
5. Be heard by professionals who help identify and minimize stressors so they achieve personal, social, and educational success.