



**RISE is free, but
you must pre-
register to
attend.**

DATE & TIME

March 13th 2010 @ 8am - 6:30pm

March 20th 2010 @ 8am - 3 pm

**To register or for
more
information**

Contact:

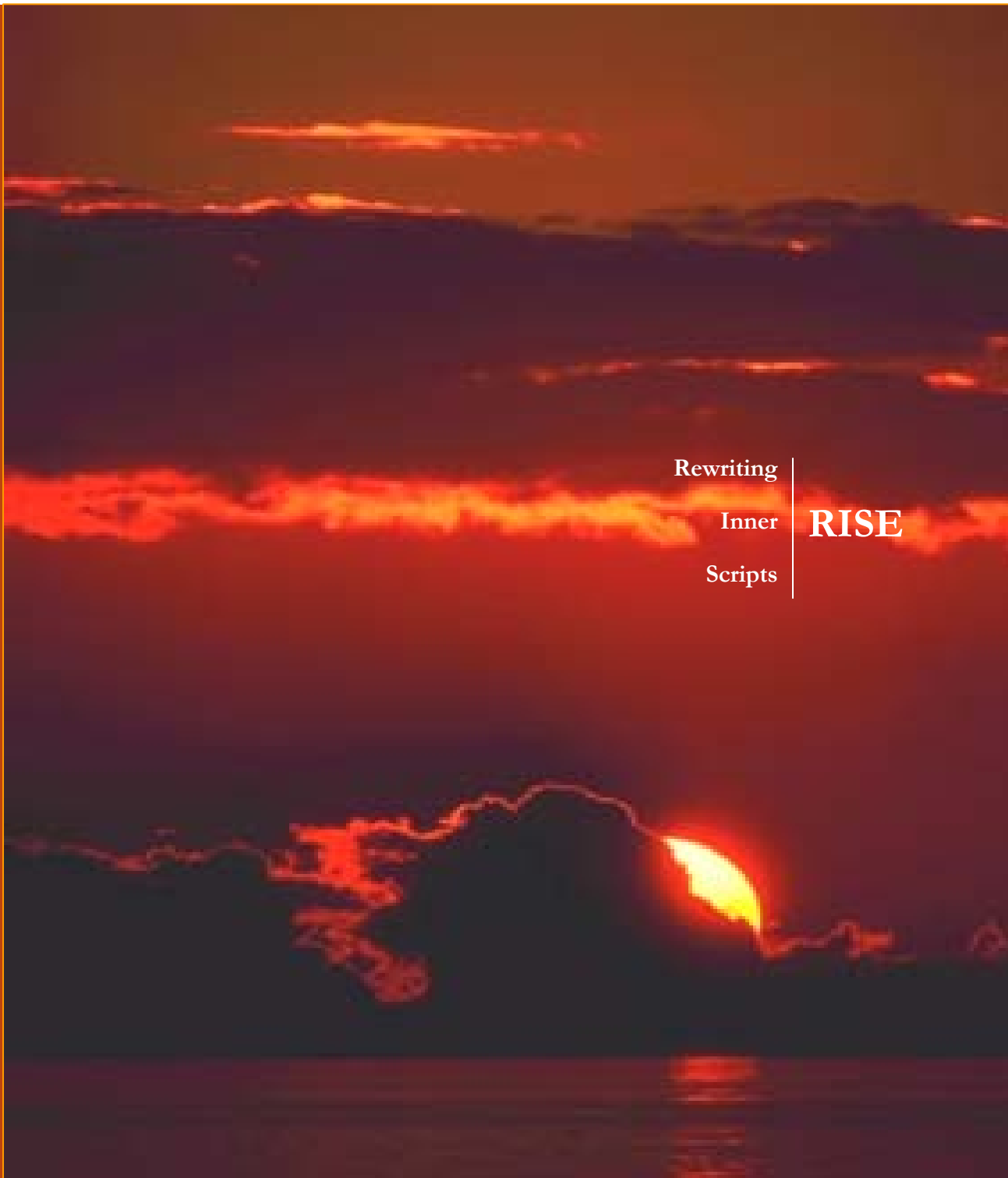
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Rewriting

Inner

Scripts

RISE



Overview

RISE is a two-day retreat facilitated by men who love men, for men who love men. **RISE** creates a safe and comfortable space for participants to explore and overcome the effects of sexism, homophobia, and negative messaging in their lives.

It is about reclaiming your personal power to love and to live free from oppression.

Incentives

- Breakfast, Lunch and Dinner
- Journal and Book
- Gift Card to Golden Corral
- Fun

Rise -

1: To assume a standing position

2: To move from a lower to a higher position

3: To increase in value

4: To extend upward

5: To originate; come into existence.

What to Expect

The first day

Involves reframing and rebuilding exercises that empower participants to interrupt negative self-talk and reframe internal decisions.

The second day

Building on the foundation of the first, participants explore the consequences of inner scripts on relationships, including sex partner selection; relationship norms, substance abuse, and HIV risk behaviors.