



A NEW **MAN**

November 6 to 8, 2026
Southern Nevada

BROTHERHOOD | HEALING | A MORE AUTHENTIC YOU

A man, covered in mud, is pushing a dark-colored SUV out of a deep, muddy rut. The scene is set at sunset, with the sun low on the horizon, casting a warm glow over the landscape. The man is leaning forward, using his hands and body weight to push against the front of the vehicle. The SUV is heavily splattered with mud, particularly on the front bumper and wheels. The background shows a line of trees and distant mountains under a cloudy sky.

What is something
in your life you wish
you could finally
get unstuck from?

Real Growth Happens Together.

What is something
you wish you could
get unstuck from?



PORNOGRAPHY?

LONELINESS?

FATHER
WOUNDS?

SHAME?

MOTHER
WOUNDS?

ALCOHOL?

ANGER?

LOW
SELF-WORTH?

PASSIVITY?

ABUSE?

SEXUAL
CONFLICT?

UNHEALTHY
RELATIONSHIPS?

DIVORCE?

BOYHOOD
WOUNDS?

Which messages did you grow up with?

Men don't
cry.

Men don't
feel fear.

Men don't
need help.

Real men
handle everything
themselves.

Be strong for everyone else. You don't need anyone to be strong for you.

Many men are carrying it **all alone.**



1 in 10 men

have **no one** they can rely on for emotional support.



1 in 2 men

feel **uncomfortable** talking about their feelings at all.



A NEW MAN

REAL HEALING.
REAL CONNECTIONS.
A BETTER YOU.



LONELINESS IS REAL.

MANY MEN FEEL IT.
FEWER TALK ABOUT IT.



of U.S. men
ages **15-34**
said they felt lonely
a lot of the previous day.



of men have
no close friends.



*We weren't meant
to do life alone.*

SOURCES: U.S. SURVEY CENTER ON AMERICAN LIFE (2021);
AMERICAN ENTERPRISE INSTITUTE (2021).

A man with short brown hair and a light beard is shown from the chest up. He is holding a white, realistic-looking face mask against his face with his right hand. His eyes are visible through the mask's eye holes. The background is a scenic landscape at sunset or sunrise, with mountains and a body of water under a cloudy sky.

Who in your life really knows you— *ALL of you?*

Your fears. Your shame. Your longings.
Your failures. Your hopes. Your strengths.
The parts you usually hide.

A person with dark, curly hair, wearing a dark grey hoodie and dark jeans, is sitting on a rocky outcrop. They are viewed from behind, looking out over a vast valley. The sun is low on the horizon, creating a warm, golden glow across the sky and the valley below. The valley is filled with green trees and some buildings, with a winding road or path visible. The sky is filled with soft, white clouds. The overall mood is contemplative and serene.

**What if
all of that
could change?**



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A NEW MAN

REAL HEALING. REAL CONNECTIONS.
A BETTER YOU.



A place to get unstuck.



To be known.



To connect with other men.



To face what you've been carrying alone.



And to discover a better you.



What actually happens there?



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The workshop is “experiential.”



By “experiential” we mean **exploring through experience**, not a class, discussion or “therapy.”



Experiential processes are **participatory activities**, not passive learning.

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Think:



Not:



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The workshop is “experiential.”



Guided journaling



Guided visualizations



Meditation



Shame release



Profound, introspective questions



Emotional processing
(especially anger or grief)



Psychodrama
(emotional role-play about internal conflicts)

EXPLORE.
PROCESS.
HEAL.
GROW.
BECOME.



We explore common **underlying issues**

Some men have begun healing from:



Shame



Low self-esteem



Feelings of rejection



A longing to belong, be loved, or included



A history of being abused



Father hunger



REAL ISSUES. | REAL HEALING. | A NEW MAN.

We explore common **underlying issues**

Some men have begun healing from:



Passivity



Defensive detachment



Not feeling like "one of the guys"



Buried or unresolved anger, fear or pain



Feeling hurt, betrayed, or suffocated by women



*You are
not alone.*

REAL ISSUES. | REAL HEALING. | A NEW MAN.

All Are Welcome

*Different Journeys.
A Common Purpose.*



Men of **all faiths or no faith** are welcome.



A New Man could be described as **spiritual but not religious**.



We teach the principal of **surrender to God's will**.



But we **never challenge** anyone's religious beliefs (or lack of belief).



In fact, we gladly meet men **wherever they are** in their personal spiritual walk.



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No judgement



No shaming



No coercion



No pressure



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You are always in charge of your own journey.



You decide what you explore.



You decide what you believe.



You decide what you want to change.



You decide what you want to accept.



You decide what your best life looks like.



**If you gain nothing else here,
we want you to know two truths ...**

1.

**You are good
and valuable
just as
you are.**

2.

**You have brothers
who see your
“shadows” and
accept you just
as you are.**



How does it impact men?

*Real Men.
Real Stories.
Real Change.*

“The weekend gave me an opportunity to be vulnerable and to be honest about who I am and where I have come from

“It has helped me

- **view my family and friends** in a different light,
- **learn things** about the way I am wired,
- **heal from the wounds** of my past, and
- **meet fellow brothers** who have seen my shadows and love me just as I am.”





How does it impact men?

*Real Men.
Real Stories.
Real Change.*

“*I have grown into a better man
because of the weekend.*”



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How does it impact men?

*Real Men.
Real Stories.
Real Change.*

“ I have a far greater capacity for emotional regulation.

- I'm learning to set healthy boundaries.
- I have better openness, camaraderie, and support from the friends I went to A New Man with.
- I reflect on it almost daily.
- And I use the tools I've learned to help other people.”



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How does it impact lives?



**Many men feel more
at peace, overall.**



And peace in living their lives
more aligned with their
faith and values.

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A Life-Changing Experience

How would you describe your OVERALL experience with your A New Man weekend?

18 men responded

89%

said the impact was
"very beneficial /
positive."

11%

said the impact was
"somewhat beneficial /
positive."

0% reported a neutral or negative impact.

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Rustic but comfortable setting



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- Around **15 to 25 men** attend each workshop / retreat.
- About **20 men** serve as volunteer staff.





Regular registration
\$875



Early registration
\$725

when you pay by September 27



Covers 25 workshop hours, 2 overnight stays, 6 meals, 3 Zoom follow-up sessions





For men from all walks of life
who are ready to face and heal inner turmoil.



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anewman.org



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