



**PAC - STL**  
Parents & Children Together ST. LOUIS



# Men's Vitality Café

Join Us

June 13

July 11

August 8

6:00 pm – 8:00 pm

Virtual

Zoom link will be provided

**St. Louis City and St. Louis County  
Men**

To learn more, contact

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**PERSEVERANCE**: *the* ABILITY  
to work through situations  
EVEN *there* OBSTACLES  
WHEN *are* <sup>OR</sup> CHALLENGES  
*in the way*

Vitality Cafés provide an opportunity for informal but highly structured small group conversations that promote peer-to-peer learning and deep individual self-reflection. Through the Journey to Vitality Cafés, you will use the domains of vitality to assist you with deciding how to chart your path. Think about what needs to change, in order for you to get where you want to go. The structure provided by the Journey to Vitality Café agreements ensure a safe environment for participants to build life skills and explore their challenges and opportunities.

**PHYSICAL | MENTAL & EMOTIONAL | SPIRITUAL | FINANCIAL | ENVIRONMENTAL | SOCIAL**

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