

Men in Balance

Helping men in their spiritual walk

What is Men in Balance?

Men in Balance is a non-profit, faith-based, non-denominational organization whose primary goal is to provide support for men seeking balance and integration in their occupational, spiritual, and personal lives.

How Does Men in Balance work?

The primary vehicle to do this is conversations with other men facing similar issues. These conversations are held in:

- Men's groups in churches
- Web forums
- Men's networking groups
- Small discussion groups



Why the need?

Many men today carry an enormous unspoken emotional burden in their lives that creates tremendous stress in career, personal relationships and life in general. Numerous studies confirm that men of all ages frequently feel this stress and sometimes their health may be compromised as a result.

Further, many (if not most) men lack really close friends or confidantes with whom they can truly “level” and discuss their feelings of isolation, frustration and sometimes, desperation which seem to increase as their career progresses. Men in Balance deals with these issues with small group discussions in which men can truly be honest with each other and find support. Some of the topics covered are:

- Personal Life
- Family Life
- Work Pressures
- Spiritual Development
- Sex and Intimacy Issues
- Connections With Other Men

In our survey, a majority of men (53%) said they would welcome a chance to talk out their issues with other men.

How you can help

Men in Balance is a (pending) 501(c)(3) corporation which operates with a board of directors and Executive Director which makes decisions about the direction of the organization. We would welcome your support!

The need for services for men is great. It is our hope that this organization can help men, their families and their employers by creating a safe environment where men can examine their lives in light of Christ's teachings. Learn more about the organization by contacting us at the website www.meninbalance.org

Mission Statement

The purpose of the Men in Balance organization is to provide men a forum (in a Christian environment) in which they can learn about themselves and share their ideas about the joys and challenges of being an adult male. The goals are:

- To reduce the isolation many men feel as they wrestle with concerns of career, money, sex, relationships and other issues.
- To facilitate the process of men establishing (or re-establishing) themselves as the spiritual co-leader of their family
- To create a safe environment in which men can examine their lives in light of Christ's teaching and its implications for their lives