

# Iron Sharpens Iron

MENS EMOTIONAL SOBRIETY & RELATIONSHIP SUPPORT

## A peer-led support group on:

- Emotional sobriety
- Healthy relationships
- Accountability
- Communication
- Vulnerability
- Recovery beyond abstinence

*This is a safe, respectful, judgement-free space where men can grow through honest conversation, shared experience and connection. It is not therapy. Not a lecture. Just men helping one another build healthier lives.*

## Weekly topics will include:

- Boundaries & Communication
- Codependency & Trauma Bonding
- Shame & Self Worth
- Masculinity & Vulnerability
- Emotional Awareness
- Dating & Relationships In Recovery
- Rebuilding Trust and Identity



**Tuesdays**



**6:00p - 7:00p**



**8515 W Overland Rd  
Boise, ID 83709**



Please Scan the QR Code for Group Updates &