

FOR IMMEDIATE RELEASE

Author of "Becoming The Kind Father" Talks To Dads Group

Nanaimo, BC - May 2nd – 2007 Calvin Sandborn, author of *Becoming The Kind Father: A Son's Journey* is giving talks to community groups in British Columbia about father/son relationships and the crippling effects of negative, patriarchal approaches to parenting. In Nanaimo, on Thursday, May 10th, Mr. Sandborn will be giving a talk at The Men's Group meeting organized by the Nanaimo Men's Resource Centre.

In *Becoming The Kind Father*, Sandborn tells the story of his tragic relationship with his own father and provides men with useful self-help tips towards reconciliation, forgiveness and kindness.

"Most men live in an emotional wasteland, out of touch with their own feelings, their own grief and fears." says Sandborn, "We are taught to be tough, to hold back our tears, and be a "real man" and suffer in silence. But as a result, we are exiled from our own inner lives and this damages our relationships, and both our physical and psychological health.

"To make up for their inner emptiness and loss of intimacy, men frequently turn to – alcoholism, workaholism, habitual anger, compulsive control and other obsessions.

"It is not surprising that men's life expectancy is shorter than women's," says Sandborn, "and that men have: twice the rate of heart attacks - prior to old age, double the rate of alcoholism, four times the suicide rate, and nine times the rate of ulcers.

Sandborn's book explains how to break the cycle of macho insensitivity and negativity that is transferred from father to son to son. He shows: how to change the destructive inner demons; how to identify and share feelings; how to forgive the world and yourself; how break the anger habit; how to form trusting male friendships; and how to become a kind father and treat yourself as a kind father would.

Throughout this book, Sandborn paints a picture of an emerging new masculinity, one that encourages men to have the strength and courage to feel deeply and to treat family relationships with sensitivity, gentleness and kindness.

"My objective is to reclaim the male heart." says Sandborn, "Sharing my sorrow with others creates an unsuspected bridge from my heart to theirs. Simply by listening to each other, we can transform sorrow into something joyful – empathetic connection. This connection is one of the greatest gifts that life offers."

Calvin Sandborn is a Victoria journalist, author and environmental lawyer, who currently supervises the University of Victoria Environmental Law Clinic.

Mr. Sandborn's talk on May 10th will be given at The Dad's Group meeting at Princess Royal Family Centre, 160 Irwin Street, from 7pm to 9pm. The Dad's Group is one of many programs offered by the Nanaimo Men's Resource Centre.

In the past five years the Nanaimo Men's Centre - one of only three centres in Canada - has provided programs including: individual counseling and group sessions for men and women, divorce and separation support, anger management programs, emergency housing, and education and training services. They have also produced newsletters, booklets and instructional video tapes. The centre is also in partnership with Malaspina University College to research male depression and suicide.

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