



## HELPING MEN THROUGH DIFFICULT TIMES

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### Overview

Help Samuel Now is an initiative of i60 Community Interest Company and has the primary focus of helping men through difficult times in their lives.

Our initial attention will laser beam on men who are experiencing

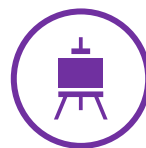
- Domestic Abuse
- Relationship\* Difficulties
- Challenges with Parenting
- Lack of Maternal Love and Affection
- Going through a Divorce\* or Separation.

\*Our support and services only cater for relationships and marriages between a male (man) and female (woman) i.e. heterosexual relationships.



#### BACKGROUND

During early part of 2024, the Founder of "Help Samuel Now", Samuel Jonathan, went through phases in life which he could best describe as unimaginable. From being physically assaulted by his ex-wife to having to fight for his children and from dealing with appalling institutional failings to riding above the systemic cultural biases against men, Samuel quickly realised that there were many families, especially men, who were facing similar challenges but would not speak up. Essentially, there were other "Samuels" out there! Hence, the birth of "Help Samuel Now".



#### OUR APPROACH

The support we offer is more of an advisory role. Therefore, our activities range from one-on-one listening sessions and group mentoring meetings to referring participants to larger support networks and reputable service providers.

We aspire to become the preferred and trusted first point-of-contact for men who are going through any of difficult experiences listed above.



# “ With the right habits, the rest of your life can become the best of your life

-Samuel Jonathan

Each encounter with Help Samuel Now will conclude with identifying the habit(s) essential for obtaining the desired outcome and growing beyond the difficulty or challenges the participants face.

Similarly important will be implementation and application of the habits identified i.e. cultivating these habits. Thus, the need for coaching.



A pivotal component of our initiative is to prevent the next generation of men from duplicating the errors of their predecessors and repeating the mistakes of their forefathers. Therefore, we intend on conducting male-safe coaching seminars in secondary schools, universities and conferences around the country, starting with Birmingham.



Presently, this initiative is at pre-foundation stage. However, the need is evident and the vision is potent. As you read this, there is a “Samuel” out there suffering in silence, questioning his worth and uncertain about his future and those connected to him. **There is no time like now!** Let us rescue him before it is too late.



*“If we do nothing, nothing will change” -Samuel Jonathan*



Website:  
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