

EXETER MEN'S GROUP

A place for men to be real.

NO POSTURING. NO FIXING. JUST HONEST CONVERSATION.

FREE | MEN 18+



Men often carry more than anyone knows - responsibility, stress, change, and the quiet pressure to keep moving. This volunteer-facilitated group offers a place to step out of that isolation and talk honestly with other men.

WHAT THE GROUP IS

- ✓ Open to adult men of all backgrounds
- ✓ Peer-based and discussion-focused
- ✓ Grounded in respect, confidentiality, and personal responsibility
- ✓ Non-clinical, non-religious, and non-political
- ✓ Developed with Exeter Parks & Recreation

WHAT A SESSION LOOKS LIKE

- ✓ A brief welcome and check-in
- ✓ Guided discussion around a relevant life topic
- ✓ Respectful sharing and active listening
- ✓ Reflection, accountability, and practical perspective
- ✓ A closing takeaway

This is not therapy or counseling. It is a structured, facilitated peer environment centered on honest conversation, personal responsibility, and connection.

THE MEN HOLDING THE SPACE

Experienced facilitators. Real lives. No performance.

NATHAN SMITH

A professional life and high-performance coach since 2013, Nathan has completed nearly 6,000 private coaching sessions. He has trained with leaders including Brendon Burchard, Jay Shetty, and Tony Robbins, and has participated in and facilitated men's groups in the Seacoast and Phoenix since 2014.

JEFF PHILBRICK

A longtime Seacoast resident and Phillips Exeter Academy graduate ('88), Jeff owned and operated senior living communities from 1991 to 2022. Since 2015, he has participated in and facilitated men's groups throughout Manchester and the Seacoast. He is a father of one daughter.

WHY THIS GROUP EXISTS

Many men remain deeply committed to their families, work, and communities while quietly experiencing stress, isolation, or disconnection. The group offers belonging, new perspective, support through life transitions, and practical ways to meet life with greater awareness and responsibility.

JOIN THE CONVERSATION

Six Wednesdays in Exeter.

DATES August 26 - September 30, 2026

TIME 5:30-6:30 PM

LOCATION Exeter Parks & Recreation Multigenerational Community Center

WHO / COST Adult men 18+ | Free

REGISTRATION Begins Wednesday, August 5 - online, in person, or by phone

WWW.EXETERNH.GOV/RECREATION | 603-773-6151