

# MOAB

Men Overcoming Abusive Behavior (MOAB) is a self-facilitated men's support group. MOAB was originally founded by a few local men who endeavored to find ways to recognize and deal with their anger and the abusive behavior in their relationships. Over the years MOAB has become a safe and confidential environment to talk with other men about things that we may ordinarily harbor or conceal. Listening to others helps us to recognize our own hidden issues so they become easier to deal with.

You will hear the testimony of many men whose lives have changed in this self help group. MOAB has received positive acknowledgment from the Santa Cruz County Court System, the Probation Officers Association and Child Protective Services. The community in general speaks to the importance and effectiveness of MOAB.

Meetings are FREE (there are no dues or fees, although we do accept donations for the purchase of necessary supplies). All men are welcome to attend, the only requirement is sobriety during meeting times.

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Meetings: Monday evenings from 7:00-9:00 PM  
Thursday evenings from 7:00-9:00 PM  
United Way Conference Room  
1220 41st Ave # C  
Capitola, CA 95010

More info: Jack 831 476-9636  
Loren 831 464-3855  
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**[WWW.MOAB.ORG](http://WWW.MOAB.ORG)**