

MEN'S GROUP

Wednesday 7:15-8:45 am (Date: November 16th)

Hurt Guilt Lonely Fear
Joy Shame Anger Sadness

Group Details

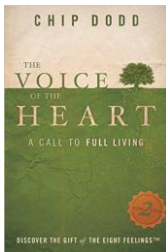
- When: Wednesdays, 7:15-8:45 am
- Begins: November 16, 2016
- Duration: 10 Weeks
- Where: The Refuge Center
- Cost: \$250 (covers all 10 sessions) with a \$25 discount if paid prior to starting.
- Flexible payment plans possible
- Group size will be limited-please RSVP.

Leaders:

Pike Williams, LMFT and
Jacob Robertson, Masters-level intern

Purpose:

To provide a small group experience for men to understand and use their emotions to reduce anxiety and strengthen relationships.



Participants will be asked to read, *The Voice of the Heart*, by Dr. Chip Dodd. Books will be available for purchase for \$15 during the first session or you may purchase online.

Please e-mail Pike Williams at pike.williams@therefugecenter.org if you are interested in attending or would like more information.