

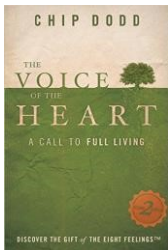
# MEN'S GROUP

*Fridays 7:15-8:45 am (Starting December 1, 2017)*

Fear Hurt  
Guilt Lonely Sadness  
Shame Joy Anger

## *Group Details*

- When: Fridays, 7:15-8:45 am
  - Begins: Friday, December 1, 2017
  - Duration: 10 Weeks (plus 2 holiday wks off)
  - Where: The Refuge Center for Counseling
  - Cost: \$250, covers all 10 sessions (\$25 discount available if paid prior to starting).
  - Flexible payment plans possible
  - Group size will be limited-please RSVP.
- Leaders:  
Pike Williams, LMFT and  
Jared Farley, Masters-level intern
- Purpose:  
To provide a small group experience for men to understand and use their emotions to reduce anxiety and strengthen relationships in healthy ways.



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.

**Email Pike Williams at [pike.williams@therefugecenter.org](mailto:pike.williams@therefugecenter.org) if interested in attending.**