

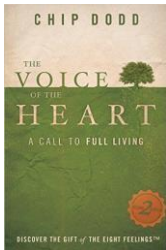
MEN'S GROUP

Fridays 7:15-8:45 am (Starting June 29, 2018)

*Fear Hurt
Guilt Lonely Sadness
Shame Joy Anger*

Group Details

- When: Fridays, 7:15-8:45 am
 - Begins: Friday, June 29, 2018
 - Duration: 10 Weeks
 - 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 to 10-please RSVP.
- Leaders:
Pike Williams, LMFT
- 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 if interested in attending.