

The Stages of a Man's Life: Challenges, Strategies & Hope

A 10-week group for men to discuss the stages of life and the following themes:

- The meaning of masculinity
- Healthy sexuality
- Leaving and cleaving / boundaries
- Financial responsibility
- Professional/work demands
- Time management
- Leadership
- Serving others
- And other themes as they arise within the group

For each stage, we will address important skills to develop, work to be done and how to handle situations where things may have been missed or overlooked.

When: Fridays 7:15-8:45 am **Begins:** TBA

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:

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