

Men's Core Emotions

April 30-July 16

Tuesday Nights from 6pm-7:30pm

Led by: Pike Williams and Jesse Penland

A 10-week group for men using Chip Dodd's *Voice of the Heart*. Participants will learn to identify emotions and to use them to process life events and build intimacy in a healthy way.

COST IS \$35, \$55, \$75 AND BASED ON ANNUAL INCOME AND FINANCIAL HARDSHIP IS AVAILABLE

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REFUGECENTER.ORG/GROUPS

