

Men's Group

**Would you like to feel more in charge of
your life?**

**More confident?
More courageous?
More engaged in your relationships?**

**If you're ready to take the necessary
steps to achieve these goals, please join us.**

Dates: Ongoing

**Format: Group process, guided imagery, nature
work, journaling, dream
work, and mindfulness meditation.**

Who: Men over 25

**Where: 29 Bala Avenue Bala Cynwyd,
PA 19004**

**When: Wednesday evening
alternate weeks
6:15- 8 p.m.**

Cost: \$45/ session; payable monthly

**For more information, contact
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