

BEING THE WHOLE MAN YOU TRULY ARE

An Ongoing Therapy Group

*“Look in a clear mountain mirror -
See the Beautiful Ancient Warrior
And the Divine elements
You always carry inside” - Hafiz*

A profound group for the man who yearns to empower himself to be a fully functioning, vital, and integrated male.

- Overcome your personal, career, relationship, and family difficulties
- Create consistent and enduring relationships with other men and women that are nurturing, authentic, and playful
- Develop clarity about your purpose and direction in life
- Heal the wounds of painful father/son, mother/son relationships
- Dissolve barriers which interfere with finding joy and satisfaction in work, love, fatherhood, and play
- Broaden beyond the limitations of "the male image"

THIS GROUP IS FOR MEN WHO ARE READY TO GO FOR BEING FULLY ALIVE

Facilitator: Jason Saffer, MFT, Co-Director of the Center for Creative Growth, has been helping men of all ages achieve their personal, relationship, career, family, and academic goals for over 30 years. He draws on a variety of approaches including interpersonal therapy, storytelling, rituals, and other activities to enable you to experience being the whole man you truly are.

North Berkeley

Thursdays

7-9pm



\$50 per session

Sliding-Scale
Fees Available

Free Parking

Counseling With Heart - Producing Results That Work

CALL (510) 527-2100 for a FREE FIRST SESSION

www.creativegrowth.com

email: jasons@creativegrowth.com