

# Full Life Men's Group

By gathering together, we can directly challenge current ways of being for men. What do we find in ourselves that we don't like? How can we avoid isolated leadership, numbing to perform and meet expectations, while remaining vulnerable and emotionally aware? How do we handle our emotions, relationships, work, family?

Gatherings nurture the connections, creativity, and changes needed to transform wounds that often happen in groups of men. Developing our strength and courage, so that we own all our feelings and vulnerabilities, takes effort and the right set of circumstances. And sharing among men is healing, in and of itself.

The most difficult part is showing up, but once you do, these groups are always exceptional! We know this because we have been gathering men together for so many years. So, we invite you to show up and join us.

Our curated process is based on the collective wisdom, awareness, and ability of all members of the group. Everyone brings their own great and unique intelligence, inspiration, clarity, and kindness.

**Open to ALL men.**      [www.lifecounselingva.com](http://www.lifecounselingva.com)

Groups meet for **13 weeks**, every **Tuesday OR Saturday**

**901 Preston Avenue**

**In Charlottesville, Virginia**

13 week sessions, start 1<sup>st</sup> week in January, April, and September; every year.

Cost \$780 (Sliding Scale to \$260)    Scholarships are available.

Groups are Co-led by Hunter Teets, L.P.C. and Fabian Kuttner, M.A., R.I.C.

Please Contact Fabian with any questions or to receive more information

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