



Introducing a New Men's Therapy Group in Raleigh: The Heart of a Warrior.

Men today are faced with countless challenges at home, at work, in relationships, in friendships, as husbands, and as fathers. Expectations can mount and emotions can become frayed. Each man struggles with life in his own way, so this group looks to help men become more settled in their own skin, no matter their role or struggle or situation. We hope to help men find peace and contentment that rises above whatever their struggle is to enable them to take on the challenges of life with strength and courage, but without anger or frustration or negative coping.

This is a therapeutic/counseling group wherein we will provide a safe environment for men to know and be known. We will utilize *The Heart of a Warrior* by Michael Thompson as the backdrop for providing unique therapeutic opportunities for each man, offering healing, hope, and encouragement.

Please email steven.price@lifecarecc.com if you are interested in joining this group.

Where:

LifeCare Counseling & Coaching
8801 Fast Park Dr., Suite 107
Raleigh, NC 27617

When:

Every Monday from 7:00PM - 8:30PM
Start Date: Jan 2019

Cost:

\$40/week or two installments of \$125
The Heart of a Warrior book and journal workbook included