

# MEN'S GROUP

Established Long Running Interpersonal Group Has Two Openings



*All men are welcome in this group. You are welcome with all of your struggles, your gifts, your challenges, your gender, your sexuality, your personality, your pain, your shame, your questions, your desires.*

*All of you is welcome here!*

**Tuesday Evenings**  
**5:00-6:30**

\$50 per group. 8 week minimum commitment, but most people will want to continue on long term for the support, authentic relationships, and unique opportunity to grow with a safe, established, circle of men and trained, experienced, professional facilitator.

Facilitated by: Chuck Hancock, M.Ed., LPC. Chuck has over 8 years experience participating in and leading men's groups, experiential groups, therapy groups, wilderness groups, interpersonal process groups, ritual and rites of passage programs, and teaching college courses. Chuck is highly trained in treating trauma, mindfulness, somatic therapy, and is a member of Colorado Group Psychotherapy Society and a perpetual student of intrapersonal and interpersonal relationship patterns.



## What is It?

This interpersonal men's group can help you get more real, more honest with yourself and others propelling you into deeper relationships and deeper success through challenge and support by other men. It is a real time lab, where you will experience yourself and others with greater awareness and be able to try new behaviors and ways of relating to be more effective in your life.

All topics and goals are welcome. Common themes are anger, depression, anxiety, personal identity, masculinity, relationships with other men and/or women, assertiveness, sex/sexuality, disconnect from emotions, work problems, fatherhood, confidence/self-esteem, accountability, honesty, spirituality, and finding purpose and meaning in life.

The ideal man will have had previous or current experience in therapy or other personal growth, but motivation and desire for greater self awareness will also enable you to benefit if this is your first growth experience.



**INNERLIFE**  
**ADVENTURES**

### **INNER LIFE ADVENTURES, LLC**

Mindfulness Based Experiential Psychotherapy  
343 West Drake Road Suite 200 Fort Collins, CO 80526  
9970.556.4095 | [chuck@innerlifeadventures.com](mailto:chuck@innerlifeadventures.com) | [www.innerlifeadventures.com](http://www.innerlifeadventures.com)