

What keeps you from living a fuller life of courage, compassion, vision and action?



Men's Groups

"It is my intention, that these groups serve as a safe place for men to overcome obstacles to personal power and overall health".

- Robert Harris, M.A.

These on-going groups assist men in improving their interpersonal communication skills, practicing mindfulness and integrating mind, body and spirit.

Men's Groups Offered

Mondays 7:00 p.m. to 8:30 p.m.

Wednesdays 7:00 p.m. to 8:30 p.m.

Location

529 E. Roger Rd., Tucson

\$40 a week*

For an interview, Call Bob Harris at: (520) 822-4982

*Minimum 6 weeks commitment required.



25 YEARS
OF GROUP
LEADERSHIP
EXPERIENCE