

Have you lost track of who you are?

Following Freedom

A Men's Interpersonal Process Group

Are you working really hard maintaining your job, your family, and your life, yet somehow feeling stuck?

Do you wonder why other people seem happier or further along, even though you're just as dedicated and responsible as they are?

Sometimes it takes more than one-on-one therapy to discover what's keeping you from asking for what you really want. Our men's process group is a safe space for experimenting with prioritizing *you*, without sacrificing relationship. Through a focus on here-and-now experience, we'll work to better recognize who we are in relationship and actualize our common impulse for living fuller, richer lives.

\$55 per session

3 month initial commitment required

Tuesdays 6:30-8:30 PM
4531 SE Belmont Street, Suite 300
Portland, Oregon 97215

Contact Ryan or Toren
for more information:

(971) 266-0710
ryan@ryanhofrichter.com

(503) 308-1011
hello@torenavolkmann.com

