



CLE LGBTQ+ Mens Process Group

TOPICS

- Depression
- Anxiety / stress
- Low self-esteem
- Intimacy and connection
- Isolation
- Shame and stigma
- Internalized homophobia
- Racism and discrimination
- Dating and relationships
- Anger

Groups are a powerful tool for fostering personal growth. It is a safe place where you can discuss shared issues, practice new ways of expressing yourself and modify how you view yourself.

Groups are a great place to interact with others while obtaining direct feedback about any distortions in your thinking. You will be able to obtain guidance and different perspectives on how to handle specific challenges that you are facing.

Group will meet in person.

Total of 8 sessions.

Your investment \$475

Contact David / Erik to discuss



June 20 July 25
June 27 August 1
July 11 August 8
July 18 August 15

7-9PM



David deBardelaben-Phillips

M.Ed., ACCEP

216-544-9472

david@energeticawakenings.com



Erik Ribera

M.Ed.

216-282-7692

erik.ribera@gmail.com