

What would it be like if, when you were struggling with life's inevitable difficulties, you had a place to go where you could share and get honest, caring feedback from other men who were also looking into themselves and the nature of life in this time and place?

What would it be like to have a place where you felt understood and accepted for yourself, just as you are?

How would it make a difference in your life to have this space for yourself?

"It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself."

- Ralph Waldo Emerson

a Men's Group is...

a place where one can safely explore the issues of one's life with the support, insight, and encouragement of other men...

a place where group sharing, ritual, and meditations help us open to the wisdom, power, and compassion that are our birthright as men.

The **Men's Group** meets for three hours one day each month, and costs \$60 per session, with a minimum commitment of five sessions after the initial session. For more information, or to register for the next group, please call Dale Goldstein at the Heartwork Institute at 585-544-8124.

Dale Goldstein, LCSW is a licensed psychotherapist who has actively explored the uses of meditative and psychotherapeutic tools in the process of helping individuals, groups and organizations to heal since 1966. He is the author of the multi-award winning book, *Heartwork: How To Get What You Really, REALLY Want*. As a result of his own inner work, Dale saw a need to combine psychological and spiritual work in one comprehensive system. In 1981, he created Heartwork, a gentle yet powerful path for personal/spiritual transformation. Since that time, Dale has been the director of the Heartwork Institute, Inc., in Rochester, NY, home to his private counseling practice and a variety of seminars and workshops that he facilitates internationally.

Dale has been facilitating Men's Groups and Men's intensives since 1988.

