

Tending Fire

A workshop for young Men



We will study how to tend fire, both in life and in our inner world. We will work on connecting with ourselves and tend to our own inner fire, as well as hear and share with other men. How can our own energy and love be tended to and handled in a good way? Many men struggle with anger and we damage our relationships and our connection with others as a result. Others are unable to open up and have difficulty creating lasting connections.

This group consists of seven Wednesday evenings, starting at 6 pm until approximately 8 pm.

There are no qualifications for this workshop. What is required, however, is an openness to new ways and new experiences and a willingness to be accepting and respectful of everyone in the group. The tenet of the group is 'everybody belongs'.

We will draw from Native American teachings, from Buddhist practices of self-awareness and the universal teachings to love ourselves and others.

If you are interested to participate, contact me at stillpointpsych@pm.me. Send an email with 'men's group' in the subject line. An initial personal meeting is required of men who are not already working with me.

This workshop is intended to help young men find their footing in the world. Some older men might/will be part of the group as well. The group is geared towards young men who are in the beginning of shaping a meaningful and full life (and who may struggle with that task). Minimum age is 17.

Cost will be \$ 300 for the seven weeks. If you need a reduced fee mention it to me in private. Finances are not an obstacle to attending this group.

Send me an email with the word 'men's group' in the subject line. There are 8 places available.

If this information has reached you, it is because someone knows you and cares about you.

There will be fire keeping, sharing and community!

No alcohol or drugs on the day of the workshop. Once you make a commitment you are expected to attend all seven meetings. Only exceptions are significant illness or travel. We will meet outdoors in a primitive structure.

Information about my work can be found on stillpoint.us.com