



SOMETHING MORE: Men's Perspective on Life & Aging

An ongoing **ONLINE / ON-SITE** group experience for those seeking *something more* from life and living. Common male perspectives and perceptions are explored. Each session is designed to be interactive though participants can choose to listen without sharing their opinions. Come and speak your truth as you feel inclined, or simply be present. This supportive group experience is for you to choose a topic of importance to you in the moment. Sessions are meant to be reflective, engaging, and entertaining. Recurring themes relate to vulnerability, contradiction, limitation, anger, and fulfillment. Focus is on:

- * Spontaneity
- * Self-Understanding
- * Health & Wellness
- * Meaning & Purpose
- * Quality of Life
- * Perception & Perspective

This group experience welcomes diversity, respects preference differences, and values input from those with all kinds of life experience.

When: Weds: 6:30 pm to 7:30 pm

On-Site starts 6:15pm

Where: 2051 Hilltop Dr. Suite A-17 C
Redding, CA 96002 AND **ONLINE**

Format: Begin & end on time



Snacks and Beverages provided for those on-site. \$10 donation appreciated.

About: Hosted by Michael David Stephens: Michael is a facilitator, educator, and a state licensed counselor. Michael has developed a keen understanding of human vulnerabilities through his own life experiences as well as through supporting others in medical crisis and end of life matters. His heritage, spiritual practice, and international travel have helped him to develop a deep appreciation and respect for cultural differences and lifestyle choices.

Additional info on linkedIn at <https://www.linkedin.com/in/michaeldavidstefanou>

For more information email: info@mpathtowellbeing.com or call (530) 355-3476

ONLINE Meetings: Wed 6:30 pm to 7:30 pm - Come to any or many

Disclaimer: Michael is not providing services under his state licensure. Group meetings are not a substitute for therapeutic support. Visit www.mpathtowellbeing.com for other services and information.