

GAY FROM THE GROUND UP!

REBUILDING & EVOLVING AS GAY MEN IN 2021

10-week experiential therapy group for self-identified gay men

ONLINE

Tuesday nights, 6:00pm – 7:30pm

February 23 – April 27

Your life looks great on paper. You came out, you've done the parties and brunches, maybe you've even found "the one" – you've come so far but somehow it's just not adding up.

The world is changing! Who are you now? What is it time to let go of? What does it even mean to be a gay man in 2021?

In this 10-week, inclusive therapy group, we'll explore and embody what it is to live more fully as gay men - from the ground up! Using body-based, mindfulness, and experiential practices, you'll have the opportunity to uncover outdated patterns and beliefs, and open up new ways of relating to:

- Belonging and acceptance
- Boundaries and consent
- Sex and pleasure
- Body image and self-esteem
- Power, privilege, and status
- Intimacy and vulnerability
- Shame and internalized homophobia
- Queer resilience
- and more!

Group is limited to 8 men. Members must commit to attending all 10 weeks. \$65/week paid in advance. Partial scholarships and payment options available – please inquire. To schedule a free introductory interview, contact Miles at miles.murch@mindfulcenter.org or (510) 900-9779. Members may reside anywhere in California.

Presented by Miles Murch at the Center for Mindful Psychotherapy

Associate Marriage and Family Therapist 115045 * Supervised by Shirley Dvir, MFT 44258

For more information, visit www.milesmurch.com.