



FIGHTING AND WINNING THE BATTLES WITHIN™

WHO TAKES CARE OF YOU?

A MEN'S GROUP FOR **REAL GROWTH.**

A 6-week men's group focused on improving mental health through self-care, clear communication, and personal accountability.

WHAT YOU WILL GAIN



UNDERSTAND YOUR PATTERNS
AND HOW THEY HOLD YOU BACK.



COMMUNICATE CLEARLY
AND WITHOUT DELAY.



SET BOUNDARIES
WITHOUT GUILT.



TAKE CARE OF YOURSELF
CONSISTENTLY.



BUILD CONFIDENCE
IN YOUR DECISIONS.



TO REGISTER GO TO
WWW.CENTEROFHOPES.COM

YOU VS. YOU
WIN FROM WITHIN.



STARTING
JUNE 3



MEETS ON
WEDNESDAYS



TIME
12:30PM-1:45PM



IN-PERSON



13534 Plaza Rd. Ext
Charlotte, NC 28215



6 WEEKS

\$249.00
FOR THE 6-WEEK GROUP



FACILITATED BY

JEREMIAH HOPES, LCMHCS, LCAS
THE CENTER OF HOPES, LLC



704-412-8931



THECENTEROFHOPES.COM