

COMMUNICATION & CONNECTION

A THERAPY GROUP FOR MEN WITH AN EMPHASIS ON
MINDFUL EXPLORATION OF OUR PATTERNS OF
CONNECTING OR DISCONNECTING FROM OTHERS

THURSDAYS @ 6-7:30

- * First session, Thursday, February 13th, 2025
 - * 4055 SW Garden Home Road, Portland OR
 - * \$35*/session for cash pay, or insurance billing
- *No one turned away for lack of funds

Sessions may range from exploring how we communicate with others to understanding the feelings of shame that may cause us to feel isolated. In this relational and non-judgmental space, members will have the opportunity to be seen and grow alongside each other.



Stephen Higgins is a graduate student intern with over a dozen years of experience as a Licensed Acupuncturist and a decade of learning and practicing Hakomi Therapy. He attends Adams State University and offers somatic counseling to individuals and couples through his practice in Southwest Portland.



Dakota Parmley is a graduate student intern with a background in depth psychology, Zen Buddhism, and mindfulness-based therapies. He attends Pacifica Graduate Institute and is passionate about helping people get the clarity and transformation they seek.



**FOR MORE
INFORMATION
PLEASE EMAIL
DAKOTA@MINDFUL
THERAPYPNW.COM
OR FOLLOW THE
QR CODE ABOVE**

If you can't make the first session on Thursday February 13th, you are still welcome to join for the remaining dates.