



EMBODIED MIND

Virtual Men's Group

A Processing Group for Men Launching Spring 2024

Are you lacking passion, direction, or meaningful connection in your life?

This group is designed for men who are ready to support and challenge each other to cultivate greater authenticity, fulfillment, and purpose in their lives. Together, we will create a space to celebrate, question, explore, and stay present with other men. Powerful change can happen when we connect with and witness one another.

GROUP DETAILS

- **Start date & meeting time**
10:30am - 12:00pm, either Tuesdays or Thursdays. Day and start date TBD
- **90-minute virtual** sessions every week on HIPAA-compliant platform
- **\$70/session** (some reduced fee spots may be available)
- **Complimentary** 30-minute phone call to determine interest and rightness of fit
- **Small, intimate group** of 5 to 8 members
- **Recruitment is ongoing.** The group launches once there are 5+ sign-ups.
- **8-week initial buy-in**, with ability and to continue on afterward
- For questions and registration:
admin@embodiedmindnyc.com

Facilitated by **KOBI BORDOLEY**,
MHC-LP



Kobi currently runs two virtual men's groups at Embodied Mind and specializes in men's issues. Common themes in our men's groups include relationships, masculinity and stigma, sex, work, anger, substances, loneliness, grief, gender expectations and more.