



MIND-BODY HEALING CENTER

Men's Group "Men Supporting Men To Be Their Genuine Selves"

Why A Men's Group?

Would you like to fully embody yourself and be the man you're meant to be? Do you feel you have to hide your true self? And, are you feeling unfulfilled and it's impacting your relationships?

Do you have issues knowing how to act in and react to situations testing you? It may be you're hiding the man that you're meant to be.

Without proper self management or support from others, your identity as a man will eventually suffer.

Our Mind-Body Men's Group can help balance out your life.

The tools and practices that you'll learn in **Mind-Body Healing Center's Men's Group** can quickly and effectively promote greater productivity and self-esteem, increase your confidence and lower your stress and anxiety. Thus, positively affecting your uniqueness and identity as a man.

Being A Man.

Our Mind-Body Men's Group is a supportive environment for men to hold each other accountable to become their true selves... the person you know that you're capable of becoming. Men are constantly being given different messages on how to be... in relationships, work and everyday life. In some way, you've lost who you really are. Now is the time to find yourself again.



Mind-Body Healing Center's Men's Group is right for you if you're ready for change, open to learning about yourself, and willing to tolerate discomfort in the path toward discovering your true nature. Join Jordan Marks, our moderator, for this 8-week group.

"A new integrative approach to mental and physical health"

Mind-Body Healing Center is a holistic health practice that blends traditional psychotherapy with alternative healing techniques used by somatic therapy, movement and mindfulness.

MBHC Men's Group:

DATE: To Be Determined

If interested, please reach out!

LOCATION: Our Santa Monica offices



MIND-BODY HEALING CENTER

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Jordan Marks, MA, PPSC, MFT **Founder and Principal Therapist — Mind-Body Healing Center**

Jordan Marks has over 15 years experience working in the field of somatic psychotherapy and education. He holds a Master's degree (MA) in **Counseling** and is a licensed **Marriage and Family Therapist (LMFT)**.

He has extensive training in **somatic psychotherapy, integrative mental health, attachment work (AEDP), Hakomi, mind-body medicine, couples counseling** and **child development**.

Jordan's expertise is collaborative, caring, and straightforward. By incorporating his unique style with Mind-Body skills and techniques, and group support, you will have a safe, non-judgmental place to explore and grow. (*License #MFC50595*)