

MEN'S ASSERTIVENESS & ATTACHMENT WORKSHOP

**ARE YOU READY TO BE
MORE ASSERTIVE?**

**CHANGE IS
POSSIBLE**



David Sanchez, LCMHC, CSAT will be facilitating a men's assertiveness and attachment 2-day workshop.

Some group topics will include: Addressing challenges with meeting your needs in your relationship and life. How to be more assertive and whole-hearted. Attachment styles: the ways we bond in relationships, and how to have a secure attachment. How to deal effectively with shame/vulnerability. Learning how to communicate be more open/honest in your relationship using experiential tools and exercises. Learning boundaries and how to ask for your needs. *A screening is involved before this class begins. See contact information on the right.

**Charlotte
Counseling
Associates, PLLC**

**Address: 5970
Fairview Rd.
Suite 414
Charlotte, NC 28210**

**Contact Info:
Charlottecounselors.com
admin@charlottecounselors.com/980-224-3233**

**Dates and Times:
(May 19-20/9:00am-5pm (Fri-Sat) and
Class will be safe,
confidential and no
more than 8
individuals.**

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