

BLACK MASCULINITY Motivation For Change

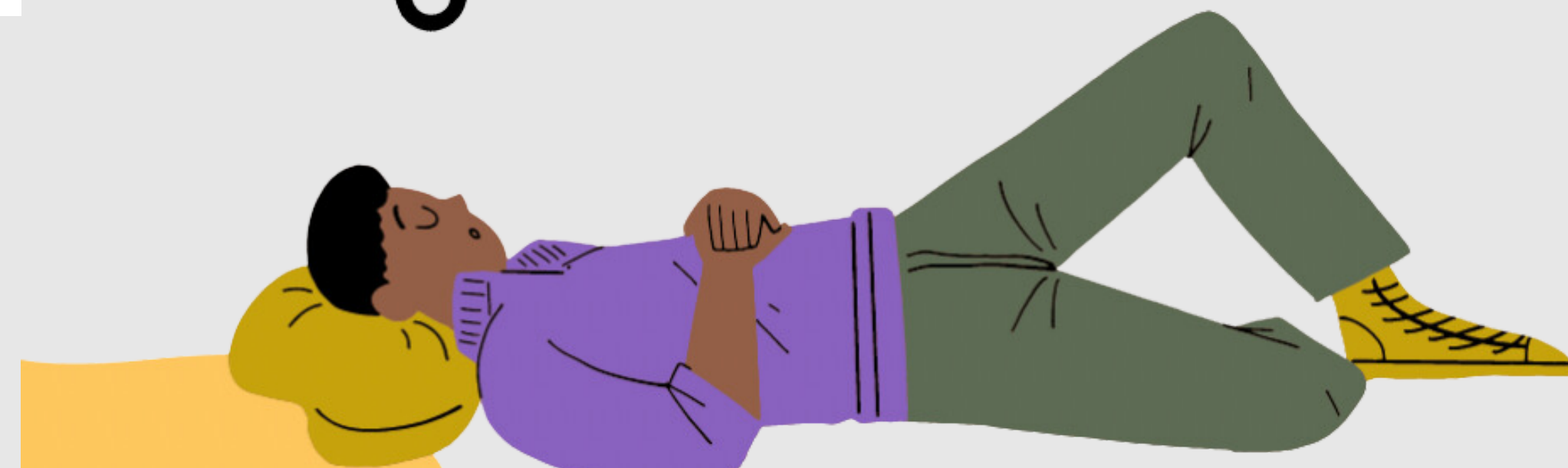
Mood Regulation Is Self-Compassion

Grow

- Radical Honesty
- Real Motivation
- Sticky Routines
- Love 4Joy

Heal

- Self Image
- Toxic Thinking
- Codependent Values
- Fear & Doubt



**GROW
UR
POTENTIAL**



We invite BlackMEN to trust that change deserves support and to lean into BlackMEN to motivate change on purpose

SLIDING SCALE FEE | SCHOLARSHIPS AVAILABLE