



Existential Crisis to Creating the Life you want: Realizing the Authentic Life

Exploring life's challenging questions in a small
therapeutic group setting led by an existential
therapist:

- Why is dying so terrifying?
- Am I truly alone?
- Why do I go on living?
- Is there a meaning in suffering?
- Why is life so unfair?
- Have I made a difference?

*"OUR EXISTENCE IS FOREVER SHADOWED BY THE KNOWLEDGE THAT WE WILL GROW, BLOSSOM, AND, INEVITABLY,
DIMINISH AND DIE." – YALOM*

Group meetings will be:

Wednesdays, 6:00 pm - 7:30pm
Sept. 29th – Dec. 1st
Bridge City Counseling Offices
712 SE Hawthorne Blvd
Portland, OR 97214

Group will be led by:

Justin Rock
Masters in Marriage & Family
Therapy
503.928.4258

**Call for your free phone
consultation to see if this
group is right for you.**

Group cost: \$200
(includes 12 sessions)