



A path to bloom more fully

**“IT’S GOOD TO BE A MAN,
But it ain’t easy.”**

**THE FOUR PHASES OF A
COMPLETE MAN’S LIFE**

WHY WE STRUGGLE WITH SELF-CARE

RELATIONSHIPS: THE MALE SURVIVAL PLAN

Free workshop Saturday, December 17 from 11–2 at Ululate Gallery

Workshop includes a workbook and Hal’s list of the ten most important questions for a full life. If you don’t know the questions, how will you find the answers? Go to www.halpullin.com for list of other workshops.

Early sign-ups are recommended because seating is limited to 20.

Hal Pullin, M.A.
Licensed Mental Health Counselor

**Counseling and
Psychotherapy**

A path to help us bloom more fully

www.halpullin.com

PRESENTED FREE OF CHARGE BY:



ULULATE Gallery 924 South 11th Street Mount Vernon, WA 98274
Donations Accepted For: Skagit County Community Action Agency

MAP AND FLYER at: www.ululate.org

RSVP Required: 360-421-4858