



A WEB-BASED PSYCHOEDUCATIONAL PEER SUPPORT GROUP FOR MALE-IDENTIFYING PERSONS COMMITTED TO DECONSTRUCTING INTERNAL SUPREMACY AROUND GENDER, SEXUAL, AND RACIAL IDENTITY AND EXPRESSION, INCLUDING BROADER RELATIONSHIP MODELS AND CONSENT.

The 3RD TUESDAY of Each Month!

ZOOM Meeting Online, 6:00PM – 7:00PM PST

Suggested *Dana*: \$25-30per Session

Facilitated by
B. Bartja Wachtel, MSW, LCSW (He/They)

Metta-Men is a mindfulness-based support group dedicated to cultivating wise attention, deep meaning, and fiercely compassionate ways of being male in the world as the foundations for transformation, loving interconnection and well-being.

This is a Sexual & Gender-Queer, Anti-Racist, Body & Sex-Positive Welcoming Space.

This group is limited to 20 participants. To join, please contact Bartja at emfmbartja@gmail.com with “Metta-Men” in the subject header of the email in order to set up a brief on-line consultation.

ENGAGING MINDFULNESS
WISE ATTENTION | DEEP MEANING

FORGING MEANING
FIERCE COMPASSION | LOVING CONNECTION

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