

A photograph of several people rock climbing a steep, light-colored rock face. One climber in a red jacket is prominent in the center, another in a light green shirt is below them, and a third in a red shirt is on the right. Bare trees are visible in the foreground and background.

Endurance!

An Empowered Quest for
Lasting Sexual Integrity

Join us on a nine month guided journey using Dr. Patrick Carnes' Recovery Start Kit to set a solid foundation for a life of sexual integrity

Educational and Experiential Small Groups

Mission Valley

Wednesdays 12:15 - 1:30 pm starting Sept 22nd

Thursdays 4:45 - 6:15 pm starting Sept 23rd

Rancho Bernardo

Tuesdays 4:45 - 6:15 pm starting Sept 21st

Cost: \$50/week plus one time curriculum investment

An intake session must be completed before admission to the group

Presented by RCA's new Sexual Health Center 619 298-8722 x101
[www..RCAcounseling.com](http://www.RCAcounseling.com)

