

# SPARK



Spark Center's  
Inclusive Mental Health  
Initiative Presents

## WALK A MILE IN MY SHOES

A Discussion Group for  
African American Men

Facilitated By  
**TRAVIS NELSON, AMFT**  
Program Director,  
Community Outreach & Education

Registered Associate  
Marriage & Family  
Therapist (112262)



*Sign Up Today!*

---

Protect your well-being by exploring & learning how to respond skillfully to stressors related to work, (co)parenting, relationships, & race-based traumatic stress.

**CONTACT FOR DETAILS • \$40/session**  
**[tnelson@sparkcenter.com](mailto:tnelson@sparkcenter.com)**  
**(209) 418-0178**