



PROFESSIONAL MEN'S GROUP

Men's Group:

As men, we face unique challenges in life based on our society and family expectations of us. Life throws us its own unique version of curve balls. In this group, you will find understanding and acceptance from people who have similar struggles. You will identify vulnerabilities in your life and how that has created road blocks to future success. You will learn about and begin acquiring the tools and habits that will help you overcome these roadblocks and allow you to start living your life to the fullest.

You are not alone in your struggles, why try to face them alone?

This group will be facilitated by: Mark Bertelsen, LMFT



**Exploring Our
Stories**

**Developing Our
Strengths**

**Gaining
Understanding of
Self**

**Building a
Community**

Validation

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Sunday 10:00-11:30am or
Sunday from 3:15- 4:45pm