

# Men's Circle

Navigating challenges in work, relationships, and parenting occurs largely in solitude for men in modern society. This group provides a supportive and collaborative environment where group members provide support to one another and hold each other accountable for making progress towards their goals.

## *Benefits of joining the Men's Circle group:*

- Healthier relationships •
- More effective communication with your loved ones •
- Improvements in mental health •
- Increase in positive emotions •
- Connection with men who share your values and goals •



This group supports diversity, as members often come from different stages of life, backgrounds, and experiences. You will define your personal goals and choose the path that is right for you.

**For more information and to register call at (619) 275-2286**

