

Modern Men's Group

Modern men navigate challenges in work, relationships, and parenting largely in solitude which may increase stress and isolation. This group provides a safe and collaborative environment where members provide support to one another and hold each other accountable for making progress towards their goals.

Benefits of joining the Modern Men's Group:

- Improved stress management •
- More effective communication with loved ones •
- Connection with men who share your values and goals •
- Healthier relationships •



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.

Contact Us to get started: Info@TherapyChanges.com or call (619) 275-2286



For more information, please visit our website at TherapyChanges.com