

MODERN MEN'S GROUP

A support group for men to build meaningful connections and explore how to be more purposeful, confident, and authentic.

SIX WEEKLY VIRTUAL MEETINGS
Thursdays 10-11 AM | Starting 3/20/25
\$75/Group or Insurance Copayment

**FOSTER
HEALTHIER
RELATIONSHIPS**

**CONNECT WITH MEN
WHO SHARE
YOUR VALUES**

**LEARN HOW
TO EFFECTIVELY
COMMUNICATE
WITH LOVED ONES**

**IMPROVE STRESS
MANAGEMENT**

Call our office at (619) 275-2286 for more information and to register.