MODERN MEN'S GROUP

This group is not therapy; it is a supportive space for men to build meaningful connections and explore how to be more purposeful, confident, and authentic.

FACILITATED BY
DEMET ÇEK, PH.D.

Meets virtually for 6 weeks
Thursdays 10-11 AM PST (1-2 PM EST)

Group Objectives:

- Foster healthier relationships
- Connect with men who share your values
- Learn how to effectively communicate with loved ones
- Improve stress management

$450 PER SERIES

UPCOMING SERIES
APR 2 - MAY 7, 2026
OCT 1 - NOV 5, 2026

FOR MORE INFORMATION AND TO REGISTER, PLEASE CALL (619) 275-2286 OR VISIT WWW.THERAPYCHANGES.COM

Therapy Changes
Focused guidance when you need it most