

Men's Therapy Group

Creating Deeper Connection with Yourself and Others

Purpose:

To provide men an opportunity for in-depth exploration of what is behind the issues/problems in their lives.

Types of Issues Handled in the Group:

Relationship conflict, separation and divorce, anger, anxiety, work stress, depression, financial stress, sexual issues, and self-esteem issues.

Who Is This Group For:

Any man who has been in therapy or is self-aware, ready and willing to find out what the deeper motivations or patterns that are behind the problem areas of his life.

Philosophy:

One of the greatest puzzles for men can be trying to sort out their personal lives. When things go wrong, especially in relationships, one of the major reasons this happens is that men miss the emotional/feeling component of the issue.

Most of us believe that we solve our problems rationally. What we don't realize is that it is actually our underlying feelings that drive these rational decisions.

This Men's Group guides men in learning how to solve problems differently by being able to access, understand and most importantly work from a male perspective with emotions and feelings.

Day & Time:	Weekly, Monday from 5:00 pm. – 7:00 pm.
Duration:	Group runs continuously from September to June
Location:	Armstrongs' Counselling Services, 10027 - 166 Street, Edmonton, AB
Group Size:	8 - 10 men
Intake:	An intake interview is required before admission to the group
Cost:	\$ 80 / person for each group session

Armstrongs' Counselling Services

Telephone: (780) 444 . 4399
Email: dmarm@telus.net
Address: 10027 – 166 Street
Edmonton, AB T5P 4Y1
Websites: Armstrongs.Counselling.com
(see Website for testimonials)
VoiceDialoguEdmonton.com

Murray Armstrong, MSW., RSW

40 + years experience in
Individual, Marital
Family & Group Therapy
Specializing in Men's Issues

