

A GROUP FOR MEN

“ If you’re tired of keeping up your guard all the time, if there are men around you who you think you would enjoy being friends with, if you think it’s time to move on to a better relationship with your father, brother, son, or daughter, then what are you doing about it?”

Thomas Harpin, Ph.D

Many men tend to be guarded, and because of this, often feel isolated and lonely. If this sounds familiar, you may be experiencing several of the following symptoms at work as well as in personal relationships.

- Easily Frustrated, leading sometimes to angry outbursts
- Problems listening to others
- Tend to be self focused, which can appear as being selfish
- Having difficulty with transition or change
- Having a low self image along with feeling of insecurity
- Problems you have seem long term and resistant to your efforts to change
- You lack sufficient supports to assist you in your effort to change

These personal dilemmas can keep us stuck in isolation and loneliness. Join a group of men whose purpose is to learn to trust in relationships, and be empowered as you gain understanding of human emotions and behaviors.

DAY: Thursday

TIME: 6:00 p.m. to 7:30 p.m.

PLACE: 165 Arch Street, Redwood City

FEE: \$45.00

PHONE: (650) 363-0383 X 112 * Fax 363- 0436

A free one half hour interview is required

