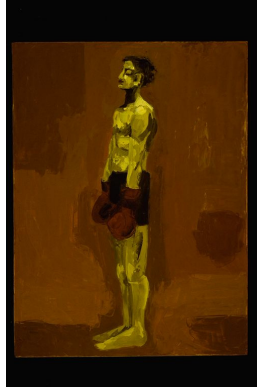


Men's Group



It is common for men in our society to feel isolated and misunderstood. Many feel comfortable at work or just “hanging out,” but it is relatively rare for men to feel that others (with the possible exception of romantic partners) really “get” them. Men are often not taught how to establish close relationships with others. This group provides a setting for men to openly communicate and interact in a meaningful way with other men. It is focused on helping you:

- Feel more connected to and accepted by others
- Learn how to honestly and openly communicate
- Be yourself without shame, guilt, or worry
- Feel less responsible for others
- Develop genuine and meaningful relationships
- Keep a focus in your life on those things that matter most
- Better understand yourself and how you want to live your life
- Explore your roles as father, son, husband, partner, worker, etc.
- Learn how to more effectively work through difficult emotions such as anger, sadness, worry, or fear
- Develop improved mental and physical health

Group Details

Meeting times:	Mondays 6:30-8:00 PM
Cost:	\$45 per group
Dates:	9/12/2011 - 6/13/2012 (9-month commitment)
Location:	Aspen Grove Counseling, 1433 S 1100 E
Group leader	Brigg Noyes, PhD

Start yourself on the path to a more meaningful and healthy life - contact
Brigg Noyes for an intake interview today!

801-581-0422 • psychologist@brignoyes.com • www.brignoyes.com