

Men's Process Group

Meeting Time:

Thursdays 5:00 - 6:15 p.m.

Led By:

Matthew Hunter, MS, LAPC, NCC

Investment:

\$55 initial intake and assessment session
\$55 per group session (minimum 8-session commitment)

Location:

The Anxiety & Stress Management Institute
Please visit our website for directions, www.StressMgt.net

Contact:

Please call our Intake Coordinator
770.980.9229 or
email: info@stressmgt.net

Participant Objectives:

- Explore your personal approach to life and learn it affects fulfillment of your goals.
- Share your concerns and receive support, ideas, and feedback from other men.
- Build self-awareness to create interpersonal alternatives in a safe, encouraging environment.
- Practice being open with your intentions, emotions, and needs without shame or anxiety to deepen your connections to family and friends.