

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

### **Armstrongs' Counselling Services**

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

### **Murray Armstrong, MSW., RSW**

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

