

# GROUP LIST

## Men's Group

This group is designed for men to learn about themselves and their relationships with others. This group could serve as a “laboratory” for men to share, process, and explore their thoughts, feelings, and concerns with other men experiencing similar experiences.

**Day/Times:** Saturdays- 12:30 pm- 1:50 pm

(This is an open ended and open membership group)

**Cost:** \$65 per session

## Anxiety & Stress Workshop

Feeling stressed and/or anxious? Learn tools and skills to manage your anxiety and stress. This workshop is divided into 3 groups of 50 minutes each. You will learn concrete things you can try every day.

**Day/Times:** Saturdays- 10:00 am- 10:50 am

**Cost:** \$45 per session or \$120 in advance for all 3 sessions.

## Taller para Ansiedad & Estrés- ¡En Español!

¿Te sientes estresado/a o ansioso/a? Aprende destrezas y herramientas para manejar el estrés y la ansiedad. Este taller está dividido en 3 grupos de 50 minutos cada uno. Aprenderás cosas concretas que puedes intentar cada día.

**Día/Hora:** Sábados- 11:00 am- 11:50 am

**Costo:** \$45 por sesión o \$120 por adelantado por las 3 sesiones.

**To enroll on any of these groups and for a phone consultation at no cost, contact:**

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