



Men's General Therapy Group

****Now Running – accepting new members****

The goal of this group is to provide a safe and confidential space for men to receive support, gain perspective and insight into themselves and their relationships, and learn to cope with life's demands. The content of the group is open-ended and themes are broad and varied – they have included coping with everyday stressors related to family or work, improving communication and other relationship skills, self-care, family and intimate partner relationship concerns, problems with emotion regulation, perfectionism, depression, anxiety, cultural adjustment, etc. ***This group will have a special focus on general stress, anxiety-related issues such as social anxiety, avoidance behaviors, and perfectionism.***

This group is designed to:

- Help you cope with everyday stressors related to family, work, or friends.
- Help you deal with balancing work and family responsibilities.
- Help you develop improved communication and other relationship skills.
- Help you understand depression, anxiety, and other mental health issues.
- Help you develop improved self-care in your life.
- Give you an open forum to gain insight, information, and support.
- Give you a safe, neutral, non-judging space to share your feelings, thoughts, and concerns.

Come together for support, growth, and learning!

Leader: Call and ask for the Groups Coordinator to join or to get more information
When: ***Thursday evenings from 6-7:20pm (also new times are added based on interest so call or email your interest for another day/time if needed)**
Where: Lepage Associates, 5842 Fayetteville Road, Suite 106, Durham
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)
Cost: \$80.00 per 75-90 minute session (sliding scale available as needed; most insurance providers will reimburse some % of the fee; we can help you file for reimbursement)

To Register: Please call 919-572-0000 and ask for the Groups Coordinator, or email officemanager@lepageassociates.com to schedule a complimentary pre-group meeting.

Space is limited so register now to reserve a spot!

www.lepageassociates.com

***Group meets on a bi-weekly basis (every other Thursday evening)**