

MEN'S PROCESSING GROUP



Day: Saturday
Time: 4:00 pm
Duration: Ongoing
Cost: \$40/group
+ intake

GROUP DESCRIPTION

In this in-person group you will have a safe and inviting space to share your stories and struggles with other men. The group therapist will empathically guide the members to challenge the expectations and beliefs that are prescribed to males by society and cultures to allow for the sharing of experiences through the lens of non-judgement. As the group connection deepens, your empathy and understanding for others will increase empathy and understanding of yourself.

REQUIREMENTS

- Clients must be in individual therapy
- Clients must be age 21+
- Client must sign release for group therapist to speak to individual therapist
- A free 15-minute screening with clinical director to determine if group is a fit
- A 60-minute intake with group leader
- Cancellation 48-hours in advance
- Regular attendance required: no more than 2 absences in a 3 month period
- Willingness to participate in group
- Clients will not socialize with each other outside of group

ROOTS & BRANCHES THERAPY

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**Free
Workbook**