

# GROUP

@ THE CENTER FOR FAMILY AND

## COUPLE THERAPY (CFCT)

The men's group at the CFCT is a unique space for men to show up authentically and be seen and supported by each other.

The men's group will include 4-6 participants meeting face to face over 8 weeks with two therapists. Meetings allow for group members to share their victories, struggles, and experiences, as they arise naturally. The group may also elect to focus on a particular theme, depending on members' interests.

Group therapy is a powerful tool for change that complements the growth men are pursuing as individuals, as well as in their relationships, families, and communities.

The power of men's groups lies in the opportunity to witness multiple perspectives, and receive support, encouragement, and feedback from other individuals in a safe and confidential environment. These interpersonal interactions can provide group members an

**WHEN**  
TUESDAYS  
AT 5PM



**WHERE**  
GIFFORD BUILDING  
(ON CSU CAMPUS)



**COST**  
\$25 (First session will  
begin as soon as we  
have enough members. )