



Back for 2026!

Breaking Down Barriers Men's Group

**Next Session
begins
Wednesday,
January 21**

Therapeutic Support for Men 35+

- NO COST to participants

“For those of us who sometimes wonder whether we are living consciously or bumping along in the dark.”

Examples of Topics to Discuss:

- Stress, Depression, Anxiety
- Relationships
- Healthy Aging
- Defining Success
- Battling Shame
- Sex and Intimacy
- Grief and Loss
- Interpersonal Boundaries

Please call for information and to reserve a spot now!

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**Suicide
Prevention
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