

A Group for Up and Coming Men

Sometimes we feel like we have all the answers, but it's still not working

Thursdays, 4-5:30p

**409 Alberto Way, Suite 8
Los Gatos, CA 95032**

It's hard starting out. We feel lots of pressures from our parents, our friends, our community, Facebook friends. Also, there is so much more to manage. School, finances, girlfriends (or not) and a job. Sometimes it just seems overwhelming. But it can be manageable if there is a group of guys to support you. Guys who are going through the same struggles and frustrations. This group works together to make this transition smoother. With this group you can expect:

- Confidential and individualized support
- Guys who get it
- Sharing of ideas and strategies that work
- A feeling of camaraderie in the trenches
- People who see you for all you offer

Join us!

Members	Men (19-26 yrs. old), post-high school
Group Sessions	\$75 each session (1½ hours)
Individual Sessions	\$165 (one intake session) (sliding scale fees available)

Each participant must participate in an initial individual meeting to be sure that the group is a good fit.

Please call with all questions



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