

Community Institute for Psychotherapy

1330 Lincoln Ave #201, San Rafael, CA 94901-2141

Phone (415) 459-5999; Fax (415) 459-5602

www.cipmarin.org



Support for the Challenges of Being a Man, Partner and/or Father

JOIN OTHER MEN TO DISCUSS LIFE'S CHALLENGES

- Develop New Skills to Help Bring About Well Being
- Learn from Other Men and Offer Your Knowledge Regarding Insight and Inner Strength

Topics include:

- Fathering Children
- Career and Work
- Life Transitions
- Intimate Relationships
- Managing Stress
- Developing Meaning and Purpose
- Dealing with Loss
- Work-life Balance

Why a men's group? Men deal with unique social pressures that often reinforce isolation and suffering. Luckily with gender identity becoming more fluid, more basic human needs can be met for both genders. This includes needs for intimacy, connection, and belonging as well as needs to feel powerful, skilled, and competent. The group strives to support each individual as he manages social pressures and life challenges while finding direction in life.

Men's Psychotherapy Group

When: Mondays 6:00 – 7:30 pm

Cost: \$20 - \$40 Sliding Scale

Where: 1330 Lincoln Ave #201
San Rafael

Led By: John O'Brien, MA
Pre-Doctoral Intern

Eric Hanley, MA
BAPIC Practicum Student

*Under the supervision of:
Lewis Epstein, LCSW
License # LCSW 71692*

Please call: (415) 459-5999 x450

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CIP is a nonprofit agency, serving Marin County for over 40 years.

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