

# **MENS GROUP**

As men, we face special challenges in life based on society's and family's expectations, and the curve balls life throws at us. In this group, you will find understanding and acceptance from people who struggle as you do. You will identify vulnerabilities in your life, and learn about and begin acquiring the tools and habits that will help you overcome life's challenges.

**The group will be facilitated by: Joseph Dubowski, LMFT**

**Certified Grief Recovery Specialist**

**When: Tuesdays - April 11 - May 23**

**7:30 pm - 9:00 pm**

**Where: NAMI DuPage**

**Community Center**

**115 N. County Farm Road**

**Wheaton IL, 60187**

**RSVP TO:**

**c.tobias@namidupage.org**

**No later than 4/7/17**

**\*\*Class Size is Limited\*\***

