



# FOR MEN ONLY

[ A therapeutic discussion group for men 25-55 to help them better cope with issues that many men may be struggling with today. ]

## Many men struggle with:

- Depression and anxiety
- Relationship issues (romantic, friendships, work-related)
- Managing anger
- Managing loneliness
- Low self esteem

## What you can expect to gain:

- An understanding of the various forces that influence male roles in our society and how cultural and societal shifts are challenging those core beliefs
- How specific messages you received as a boy about “what it means to be a man” may be influencing your life today (and not in a good way)
- A clear sense of the kind of man you aspire to be—including how to identify and nurture your buried hopes, dreams, and desires
- Strategies to help you build more positive relationships and connections
- Hope, encouragement, guidance, and support for your journey

### How it works\*:

- Up to 8 men per group
- Facilitated by Ken Ribotsky, MA, AMFT
- Once a week for 8 consecutive weeks
- Cost: \$40 per session†

### Two Locations:

#### Orange County:

2102 Business Center Drive, Irvine

#### South Bay Area:

500 S. Sepulveda Blvd, Manhattan Beach

**Call 949-706-4248 or email for times and dates**

**To register or for more information, email: [info@kenribotskytherapist.com](mailto:info@kenribotskytherapist.com)**

\*Group meetings may be canceled or rescheduled at the request of the facilitator.  
†If you miss a group meeting, there are no make-up meetings.

Supervised by

- Lisa J. Grajewski, PsyD., Lic. #27053
- Justin Yaros, LMFT, Lic. #92508



**Ken Ribotsky**  
M.A., A.M.F.T.  
[kenribotskytherapist.com](http://kenribotskytherapist.com)