

Men's Support Group

Depression • Aggression • Relationships • Alcohol Use

*Are you feeling stuck, weighed down, or disconnected?
You don't have to go through it alone.*



*Take the first step toward change.
You don't have to carry it all on your own.*

Who This Group is For:

Men who want to grow, heal, and reclaim their sense of purpose and strength

This group is a safe, confidential space for men to:

- Work through depression and low mood
- Explore and manage anger and aggression
- Build healthier relationships with partners, family, and friends
 - Address challenges with alcohol use
 - Connect with other men who “get it”

What to Expect:

- Honest conversations without judgment
- Tools for managing emotions and building resilience
- Supportive accountability from other men
- Guidance from a skilled therapist who works with men's issues

Location: Online

When: Every 2nd and 4th Wednesday from 5:00–6:30pm, starting September 10th

Cost: \$65 (sliding scale spots available)

Led by: John Hubbs, MS, LMHCA, SUDPT

Contact John Hubbs by email to reserve your spot!

Email: jhubbs@lorikimmerlytherapyandoaching.com