



Men's Healing Journey



Group Dates:
12 week group
Fridays, 9:00 – 11:30 am
Starting Sept 27 – Dec 13, 2019

No cost to participants

Call LFS Counselling Intake to register

Participants:
Ages 18+
Men

Partnership with



This therapy group is for men who have experienced abuse and trauma and are struggling with anxiety, depression or other mental health concerns.

This group focuses on the effects of trauma and ways to foster resilience through a supportive and nonjudgmental environment for men to learn about themselves through their own personal process and by sharing experiences with one another.

Contact

Lethbridge Family Services

Counselling Intake

403-327-5724

Facilitators

Jonathan Roque, M.C., Registered Provisional Psychologist

Sam Irwin, Mental Health Therapist, Alberta Health Services