

Men's Support Group

An Ongoing Group For Men Who Want To:

- ❖ Build community.
- ❖ Counter isolation.
- ❖ Explore their relationship skills.
- ❖ Develop techniques to manage anger.
- ❖ Expand their ability to feel joy.
- ❖ Understand better the challenges of midlife, addictive behaviors and gender differences.

Times & Dates: Tuesdays 6:30-8:00 pm
Cost: \$50 per session

Where: 1160 North Dutton Avenue, Suite 250
Santa Rosa, CA 95401

*Limited group availability.
Call to reserve a place or
for more information.*

544-7000



Facilitated by:

Bob Casanova, M.A.
Licensed Marriage and Family Therapist

Bob has had successful careers in corporate and entrepreneurial endeavors. He brings this pragmatic perspective, his experience as a dad and a spiritual aspect to the group dynamic. He has facilitated groups since 1996 and works extensively with men's issues, couples, persons in recovery, adolescent boys and father and son issues.