

## Breaking Through: A Therapy Group for Men

Feeling anxious, unmotivated, and stuck in your life? Do worries, hopelessness, or confusion hold you back from achieving your goals? You are not alone! Many men experience challenges in their career, education, and relationships in the context of anxiety and depression.



### **In this 10 week group, you will learn:**

- Cutting edge cognitive-behavioral techniques to bolster resiliencies for self-confidence, reduce hopelessness, and increase goal oriented behaviors
- Relaxation and mindfulness techniques to reduce anxiety and manage stress
- Strategies to tame anger and irritability
- Methods to increase focus and motivation

*In contrast to what occurs in individual therapy, by being a part of a group, you will learn from the triumphs and challenges of your peers, while using your own strengths to help yourself and others.*

Contact Dr. Frank Dalgin at 781-551-0999 x262. This group may be covered by your health insurance. Please speak with Dr. Dalgin for details.



Frank Dalgin, Ph.D., is a licensed psychologist and Certified Health Services Provider. He received his Doctorate in Clinical Psychology from the University of Denver. Dr. Dalgin has particular expertise in the areas of chronic mental health challenges, depression, learning challenges, autism spectrum disorders, and strength based mental health interventions.

[www.cfpsych.org](http://www.cfpsych.org) | [www.IntegratedBehavioral.org](http://www.IntegratedBehavioral.org)

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