

Men's Group

Mondays • 10:30 am - 12 noon **OR**
Thursdays • 11:00 am – 12:30 pm

Join our Thursday Men's Support Group where men can share their thoughts and feelings about personal issues in a confidential setting. An experienced peer counselor facilitates this group providing a non-judgemental environment for members to express their beliefs and concerns. Participants talk candidly about their physical and emotional challenges helping each other to gain insight and problem solve successfully.

Laughter included!

This is NOT a drop-in group.

**For more information and to enroll,
please call (310) 394-9871, ext. 373 OR 215**

For further information on other WISE & Healthy Aging services, please call Information & Referral at (310) 394-9871, ext. 464.