

# MEN'S THERAPY GROUP

to further confidence, introspection and connection.

The **Men's Therapy Group** provides a helpful environment where men can address their problems with the help of other thoughtful and responsive members. In the safe atmosphere afforded by the group, men work to overcome restrictions and inhibitions resulting from negative beliefs. The group assists men in overcoming fears, guilt, shame and excessive responsibility. The group enables its members to:

- feel connected and be recognized
- deepen interpersonal relationships
- increase the capacity for genuine friendship
- reduce automatic impulses to solve the problems of others
- assert oneself without bullying others
- overcome misconceptions about women that make men reluctant to be honest with them
- overcome restrictive beliefs

**When:** Thursday's, 7:15 - 9:00 PM

**Where:** 2171 Union Street (cross street Fillmore), San Francisco

**Cost:** \$45 per meeting

For more information & an initial consultation, call:

**Ron Rohlfes, MFT**

**415-273-1024**

**[www.sftherapygrowth.com](http://www.sftherapygrowth.com)**

**Ron Rohlfes is a licensed Marriage and Family Therapist** (MFC34396) who has extensive experience working with men's issues. He has more than twenty years counseling experience with adults, couples, adolescents and groups. Ron is an active member of the American Group Psychotherapy Association (AGPA), and the Northern California Group Psychotherapy Society (NCGPS). He has a long association with the San Francisco Psychotherapy Research Group (SFPRG).