

Men's Counselling Services

in association with the

Brockville and Area YMCA

presents

The Men's Group

A group of men working with two trained facilitators to resolve personal issues, including:

- separation and/or divorce
- stress, tension, depression
- anger management
- workplace conflict
- communication
- family crisis
- self-esteem
- grief, loss
- intimacy

The Men's Group meets on Wednesday evenings from 7 to 8:15 p.m. in the meeting room of the YMCA at 345 Park Street.

The group is provided at no cost to participants.

To register or for more information, please contact Keith Fraser at **613.498.1940**, or visit:

www.mencounsellingservices.com

www.brockvilley.com

Men's **COUNSELLING**
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