

2 April 2009

**PRESS RELEASE**

Men's Counselling Services is pleased to announce the return of The Men's Group, a no-cost service for men facilitated by MCS counsellors Keith Fraser and Keith Ashford.

On hiatus since 2007 following a 13-year association with the Chelsea Court Health Centre, The Men's Group will now convene in the meeting room of the Brockville and Area YMCA on Wednesday evenings from 7 to 8:15.

"This is a great opportunity for men," says Keith Ashford. "It provides a no-cost alternative to one-on-one therapy, and offers many additional benefits which can only come from participating in a group process."

"Our number one goal," says Keith Fraser, "is to ensure that group is a positive experience for all participants—including the facilitators. The more relaxed men are, the faster they progress, so we will be devoting a lot of attention to the basic principles of stress reduction."

Treatment issues include: separation and/or divorce, depression, anger management, workplace conflict, interpersonal communication, family crisis, self-esteem, grief and loss, and intimacy.

Ashford and Fraser are hopeful that once the program has been started funders will step forward to support it. "Men are perhaps the most under-serviced group of all," says Ashford, "and the need is great. We are working on the assumption that if we build it, the funding to support the group will come."

For more information about the group, or to register, please contact Keith Fraser at 498-1940 or visit [www.menscounsellingservices.com](http://www.menscounsellingservices.com).

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