

## Men of the Twenty-First Century

# Men in Relationship: Holding on to Yourself

How are you managing in your relationships (romantic, work, friendships, parental)...From whom did you learn about relationships...Are you the person you want to be...Where did you learn to be a man...Who is the man you want to be...When does he show up...When does he disappear...

### *Why a men's group, What will we do:*

- Practice understanding and expressing your true self
- Actively listen to and be present with others
- Experience being heard and receive feedback, work with your specific life stories, as well as the universal concerns of today's men
- Experience connection "I am not the only one..."

This is not your father's men's group! Based on feedback from many of the men that we have worked with over the years, the group facilitators saw a need for a new kind of system of support for today's men. Colleen Moloney and Betty Groshong are in private practice, working with men, women and couples.

When and Where:  
2<sup>nd</sup> and 4<sup>th</sup> Thursday from 6 to 7:30p  
1829 NE Alberta Street, Suite 9

May 12 and 26, 2011  
June 9 and 23, 2011  
July 7 and 21, 2011

### *Cost and Commitment:*

- \$50 per session (some sliding fee scale available), insurance plans will be billed when available
- Participants will commit to attendance quarterly
- Commit to and pay for all sessions

For questions or to attend, contact:  
Colleen Moloney, LCSW, 503-281-0243  
Betty Groshong, LCSW 541-383-2004