



TALK IT OUT... MEN'S DIVORCE GROUP

Thursdays from 8:30 am to 9:30 am

FREE • Ongoing

This is a support group for men who are 25 to 60 and are thinking about, currently going through, or have dealt with a divorce or separation from a wife, partner, or a long term relationship. We will dive into issues such as being overwhelmed, confused, depressed, and exhausted.

Divorce is a traumatic event, and this group will help men navigate this very difficult part of your life. Toughing it out can lead us to suffer in silence. We can become isolated, and possibly seek out negative and harmful ways to deal with the pain. By taking the risk of sharing your story, we will start to decrease that pain, as well as help grow stronger and braver. Let's get on the path of living a Happier, Healthier and Longer Life by TALKING IT OUT, NOT TOUGHING IT OUT.

**For more information, please contact:
Armann Fenger, LPC, NCC
404-579-3048 or afenger1@gmail.com**



ARMANN FENGER

Armann Fenger is licensed professional counselor whose approach is to foster the development of meaningful and trusting relationships. It is through these strong relationships that pain is relieved, growth happens, and "Corrective Emotional Experiences" begin to have a positive impact.

Armann coined the phrase, Let's TALK IT OUT, not TOUGH IT OUT. It is a simple and effective way of pointing out how important it is for us to talk more about our experiences so that we can relive some of the emotional pressure that has built up over the years. Join him and start "Talking it Out, and stop Toughing it Out".



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