



TALK IT OUT... MEN'S PROCESSING GROUP

Tuesdays from 7:30 am to 9:00 am

\$50 per session

6 month commitment

This is a processing group for men only, 18 years and older, who are looking to continue the journey of self-discovery by practicing vulnerability, acceptance, and developing better coping skills. This group is a safe way to practice becoming a better you. Show your bravery, by sharing your story and healing the internal emotional pain.

Life can be difficult, and having the proper support and tools can make all the difference. We men, have been taught the wrong coping strategies. We learn to avoid our emotions and/or keeping them to ourselves. This faulty thinking can have a devastating effect on our lives, including isolation, and possibly seeking out negative or harmful ways, to deal with the emotional pressure.

Join us on the path of living Happier, Healthier, and Longer 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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