



TALK IT OUT... MEN'S SUPPORT GROUP

THURSDAYS | 8:30AM-9:30AM
via Live Video Conferencing (Zoom)

FREE • ONGOING

This group is designed exclusively for men, aged 18 and older, who are committed to deepening their self-awareness by embracing vulnerability, fostering acceptance, and enhancing their coping strategies. It offers a safe space to explore and nurture personal growth. Take the courageous step of sharing your journey and begin the process of healing emotional wounds.

Life presents its challenges, and having the right support and tools can profoundly impact your overall well-being. As men, we're often conditioned to suppress our emotions or avoid them altogether. These patterns can lead to isolation or the pursuit of harmful outlets.

Join us in this transformative group as we work together to build happier, healthier, and more fulfilling lives. Let's learn to 'Talk It Out, not Tough It Out.'

For more information, please contact Armann Fenger:
[404.579.3048](tel:404.579.3048) or afenger1@gmail.com



Armann Fenger, LPC, NCC, MS

Armann Fenger is licensed professional counselor whose approach is to foster the development of meaningful and trusting relationships. It is through these strong relations 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 relieve some of the pressure that has built up over the years. Join Armann and learn how to "Talk It Out, not Tough It Out."



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