



MEN'S THERAPY GROUP

A 10-Week Guided Journey Toward Self-Understanding and Emotional Growth

Weekly Themes

Each week focuses on a key topic to foster insight, connection, and growth:

- **Week 1 (July 21):** What Does It Mean to Be a Man Today?
- **Week 2 (July 28):** Emotional Expression — What Are You Taught to Hide?
- **Week 3 (August 4):** Managing Stress & Anxiety — Tools and Traps
- **Week 4 (August 11):** Healthy vs. Toxic Masculinity
- **Week 5 (August 18):** Communication in Conflict
- **Week 6 (August 25):** Shame, Success, and Self-Worth
- **Week 7 (September 1):** Relationships — Vulnerability, Trust & Emotional Intimacy
- **Week 8 (September 8):** Boundaries and Saying No
- **Week 9 (September 15):** Identity Outside of Work or Achievement
- **Week 10 (September 22):** Closing Reflections — How Have I Grown?

Group Schedule

When: Mondays, 6:00 PM – 6:45 PM

Start: July 21, 2025

End: September 22, 2025

Where: Virtual

Note: September 1 is Labor Day. Group will meet unless participants decide otherwise.

Cost

\$85 a session

Please check with your insurance provider to confirm if group therapy sessions are covered. Our billing coordinator will also verify insurance details if you plan to use your benefits.

Who Should Join?

Men interested in improving emotional well-being, deepening self-awareness, and building authentic relationships in a confidential, clinician-led space.

 **Please Act Now – Groups Fill Up Fast!**

Email: mdoria@doriatherapeuticgroup.com

Phone: (914) 246-4100

Website: www.doriatherapeuticgroup.com

Format & Details

- 10 weekly sessions
- 45-minute guided group format
- Led by licensed mental health professionals
- Open to adult men of all backgrounds

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