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## **Mens Problem Solving & Support Group**

Dear Friends, Clients and Colleagues,

**GROUP FEES** are \$70 per 90 minute session if paid by credit card, Zelle, or hsa/fsa. Cash payments will be at \$60 per 90 minute session.

**PAYMENT** for the month is expected in full at the first session of the month.

**COMMITMENT** Minimum commitment will be for one month, though I strongly advise participating for at least 8-12 weeks due to it taking up to 45-90 days to change a habit / create a new habit that sticks. You may stay as long as you like.

**GROUP** This will be an ongoing combo Process and Support Group for men roughly between ages 30s-50s (will consider outside ranges) and will be limited to 4-6 members. The focus of the group will be in setting and accomplishing goals, creating a space to give and gain support, to share about our challenges, gain tools, and ultimately to enhance resource within ourselves. We will accomplish this through goal setting, conversation & focus topics, mindfulness, positive rituals, habit formation & readings (literature, poetry) and, "men healing with men".

We will follow these core agreements:

- Listen before speaking (listening from the heart)
- Asking before giving feedback
- Trying not to blame & shame (notice your tone)
- Staying respectful of each other (and the space)

**ATTENDANCE** Group is an ongoing experience and will meet regularly on Wednesday afternoons from 4-5:30 pm, except for holidays. Please arrive promptly and stay for the whole session. During your membership in the group, you will be charged for all sessions where the group meets. On occasions when the group does not meet, you will not be charged (if prepaid, will apply credit toward next month). If you need to miss a session, please inform the group as soon as you can, and if last minute, please inform me so that I can inform the group.

**Please reach out for more information.**

**David C. Eshleman MA LMFT 109797**