

TUESDAY EVENINGS

6:30 P.M. – 8:00 P.M.



MEN

- All adults welcome •
- Snacks & coffee provided •
- Registration upon arrival •
- Open weekly to new participants •

FREE & FACILITATED

Counselling Group

FOR MEN

Education & Support

- Healthy relationships
- Compassion & self-control
- Identity issues
- Anger management
- Understanding emotions
- Stress & anxiety

LOCATION

Family and Community Services
2nd Floor, 501 Festival Avenue, Sherwood Park

For more information call 780-464-4044
strathcona.ca/groups