You don't have to face work, relationships, and life stressors alone.



23-40 MEN'S GROUP

This is a group of men who can help - no diagnosis needed.

Facilitated by an expert in mental health treatment, Dr. Alex MacNeil, who will provide guidance on the latest knowledge and strategies in the mental health field. This group of men will give positive and effective feedback, information, and perspectives with one another. You're not on your own in what you face - we're here to help.

To sign up or learn more, contact facilitator Dr. Alex MacNeil, PysD at www.AlexMacNeil.com, 781-999-0210 or dralexmacneil@protonmail.com.

WHAT: Group of 5-12 men **WHEN**: Weekly, in-person

WHERE: Arlington, MA

COST: \$70/session



Dr. Alex MacNeil, LLC