

## Zen of Relationship Maintenance Group For Men

### What is this group about?

This interactive group led by Winchell Quan, Marriage and Family Therapist, uses education, group interactions and member's personal experiences to foster insight towards achieving more fulfilling relationships. With goals to more effectively: communicate within your relationship, hear what your partner is saying, understand your relationship dance and ask for what you need.

### How do we make this happen?

The therapist leader ensures a comfortable setting for men to talk openly about their relationship experiences. Providing structured exercises to further self-exploration and identify their relationship patterns.

Group members can learn from one another through listening to each other's stories, cultivating understanding of another's experience. Members share successful relationship strategies, expanding their tools for relationship building. Members provide constructive feedback to one another, practicing positive and supportive communication.

### How would you benefit from this group?

You will gain an increase in self-awareness and articulation of self-expression, allowing your partner to see who you are. You will expand your knowledge of relationship dynamics and gain clarity towards realistic and healthy relationship desires.

This group is recommended for men with counseling or personal growth experience. Groups will be 90 minutes, limited to 6 members and will be held in Santa Rosa and Petaluma, with dates and times to be arranged. Cost is \$40 per member for each group session. A sliding scale is available. Please contact me for additional information or registration at [www.ren-interbeing.com](http://www.ren-interbeing.com) or 707 486-3178.

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