

Men's Group 101

for men wanting a satisfying relationship

What is this group about?

To provide you instructions and tools to be in relationship with a new attitude by:

- Learning to communicate clearly and actively listening to your partner.
- Understanding the real struggle underlying repeated conflicts.
- Being more engaging with your partner.

How do we make this happen?

By providing you with information and exercises to broaden your communication skills to:

- a. address your wants and needs without accusations.
- b. know when you are emotionally reactive (not the best time to express yourself).
- c. develop easy reminders on how to stay focused and be genuinely listening.
- d. recognize your role in conflicts and relationship patterns.
- e. identify your emotional hot buttons.
- f. learn effective coping skills.

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 or 707 486-3178.

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