

Men's Relational Growth Group



The Couples Resource Collective presents an opportunity for any self-identifying male to join our open men's group in order to gain insightful information, collaborate with other men also wanting to work on their relationships, and learn in a safe and inviting space more about yourself while enriching your relationships

Purpose of this group is to create a safe, supportive, and vulnerable environment where males are seeking personal and relational growth opportunities that includes the following topics:

- ✓ Relationships / relational health
- ✓ Self Confidence
- ✓ Emotional regulation / expression
- ✓ Life purpose / meaning making



This is an Open Group, meaning after your initial interview with Chad you can come to as many group session as you would like

Days: Every Monday at 6pm and/or 7:30pm

Cost = \$20/per session

Location: 900 Fulton Ave. Sacramento, CA 95825

For more information and to sign up, fill out the following interest form:

<https://forms.gle/byv8EFTVo6rtbKYx8>

(or scan QR code on the right

Contact Information: Chad Fraga – Associate MFT 132664

Supervised by Carisa Sherwood LMFT #48768

(cfraga@couplesrc.org / 916-426-8903)

