

Sex, Relationships and Intimacy: An 8 Week Group for Men

Is this group for you? Are you:

- struggling to connect with others
- having difficulty with intimacy
- lonely even though you have a partner
- experiencing uncertainty about self-worth
- seeking new ways of relating to others

This therapy group will provide:

- An open and accepting forum for sharing your experience
- The opportunity to receive support from other men
- The added perspective afforded by two women therapists
- Coping strategies for your unique situation

What: An 8-week therapy group for men; group size is limited to 8 participants

When: Mondays from 6:30 – 8:30 pm.

Where: Castro District, San Francisco (near MUNI)



Cost: \$400 per person for the 8-week series.

Topics of inquiry:

Intimacy
Sexuality
Relationships of all kinds
Gender Roles
Self-worth

More details available here:

www.marybethtrail.com

www.mollyhoward.com

To sign up or find out more, call or email:

415-522-7347

marybethtrail@gmail.com

The Facilitators: Mary Beth and Molly are psychotherapists who incorporate frank discussions of sex, relationships and gender into their work with men.

Mary Beth Trail, M.A., is a Licensed Marriage & Family Therapist (MFC#53864) specializing in relationship difficulties, life transitions, men's issues and overcoming obstacles to change. Find additional information about Mary Beth and her work at www.marybethtrail.com.

Molly Howard, M.A., is a Marriage & Family Therapist Registered Intern (IMF#65401) who specializes in anger, boundaries and narcissism/self-worth. Molly is supervised by Jim Meyers (MFC#30215). Read more about Molly's work at www.mollyhoward.org.

