Hamm Clinic

MEN'S INTERPERSONAL PROCESS GROUP

THURSDAYS 12 – 1:30 PM
ONLINE (VIA ZOOM)

Participate in a weekly space held for men to gain relational skills and build connection with other men. In this group, we practice identifying and expressing emotions, explore ways to build and sustain lasting relationships, acknowledge strengths and areas of growth amongst group members, and practice vulnerability.

Group topics and themes include: masculinity, personal growth, authenticity, loneliness, relationships, shame, and connection.

This group accepts insurance, including Medicare.

Facilitated by
Paul O'Hara, MA, LP (he/him)
&
Mureithi Gakou, MA, LMFT (he/him)

TO JOIN OR ASK QUESTIONS, PLEASE
CALL HAMM CLINIC AT 651.224.0614