

# BREAKING SILENCE, HEALING TOGETHER

## Men's Mental Health Group

Led By Benn Rayment, PMHNP-BC



**First Wednesday  
of every month from  
5:30 – 6:30 PM**

**For men 18 years & older**

**At Clarinda Mental  
Health Center**

**RSVP by calling  
712-542-8354**



### GROUP OBJECTIVES

- Encourage open discussions about mental health challenges faced by men
- Provide a confidential and non-judgmental platform for sharing
- Learn effective strategies and stress management techniques
- Foster a sense of belonging and connection
- Promote mental well-being and self-care practices

### FORMAT FOR MEETINGS

- Group Discussions: Engage in open conversations facilitated by mental health experts.
- Stress Management: Learn practical techniques to manage stress and enhance mental resilience.
- Support Network: Build meaningful connections with like-minded individuals.
- Together, let's break the silence surrounding men's mental health and create a stronger, healthier community.

Here is the reason why  
**YOU SHOULD ATTEND**



If you are interested in exploring mental health topics & supporting fellow group members you are welcome. No prior counseling experience is required – just a willingness to listen and share.

**For more information and to reserve your spot, please contact us at 712-542-8354**