

BREAKING SILENCE, HEALING TOGETHER

Men's Mental Health Group

Led By Benn Rayment, PMHNP-BC



**First Wednesday
of every month from
5:00 – 6:00 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