



Y.R.P.C.S .

The Mid-Life Crisis Myth Men's Support Group

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&

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*Let's take another step in
reclaiming control of your
life*

York Region
Psychotherapy &
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Now Accepting Group Members

- Feelings of depression /anger?
- Searching for change and adventure?
- Relief from boredom/unhappiness?
- Questioning the choices you made?

THIS IS NOT A CRISIS

Finally an opportunity for Men to
debunk the myths, dispel the stereotyping, and conquer the
confusion surrounding male menopause.

Share your concerns, discuss the obstacles, develop real strategies
and find your inner inspiration

6 - Week Men's Support Group

\$40 per session

Call to Register

(905) 251 -3707