



JFCS

Serving the
entire community

JFCS GROUPS

Men's Group Now Forming



A support group open for adult men is now forming. If you are interested in some personal insight and discussing such topics as:

**Coping with Stress
Problem Solving
Time Management
Work
Relationships
Anger Management
Money
Sex
Meaning/Purpose
Identity
Self-esteem
Etc.**

Men's Group

FOR MORE INFORMATION CONTACT

Facilitated by:

Leah Penso, MFT Trainee

Damien Tillman, MA, Psy.D Trainee

Supervised by Debbie Freeman, MFT
MC20893

Call to register (562) 427-7916

Web site: www.jfcslongbeach.org

Email: jfcs@jfcslongbeach.org

A support group is a great opportunity to interact with other individuals who may share the same challenges that concern you or have new challenges that you can learn from.

**Wednesday, February 10, 2010
7 PM to 8:30 PM**



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We all have times when we struggle with the challenges of life. At JFCS we understand the pressures of coping with a wide range of issues and conflicts. It is our mission to be your place in the community to turn to for help. For over 50 years JFCS has had a tradition of providing compassionate, professional and affordable individual, family and group services in a trusting, reassuring and healing atmosphere.

Our Mission

Jewish Family and Children's Service of Greater Long Beach/West Orange County is a non-profit agency that provides a wide range of professional counseling and support services to assist all individuals regardless of religion, race, ethnicity, disability or sexual orientation in facing life's challenges.