



**Facilitator:  
James Alvarez**

# Men's Group



We want to invite you to a series of 4 classes, so that we can share about our experiences, concerns and challenges to overcome... *safe space for men!*

- Building our Legacy
- Focusing on our goals
- Communication skills and conflict resolution
- Motivation and empowerment
- Managing and overcoming anxiety, stress, and depression

**Tuesday, 6:30pm-8:00pm / February 1, 8, 15 & 22**

**\*\*** Class is Free of charge since it has graciously been funded by our friends at UCI Health

**\*\*** Classes will be taught by the Zoom platform



**For more information  
and registration,  
call:  
714- 352-3400**