



# Maturing Men's Group



## Therapeutic Support for Men over 50

**- NO COST to participants**

“For those of us who sometimes wonder whether we are living consciously or bumping along in the dark.”

- Stress, Depression, Anxiety
- Relationships
- Healthy Aging
- Defining Success
- Battling Shame
- Sex and Intimacy
- Grief and Loss
- Interpersonal Boundaries

**Please call for information and to reserve a spot now!**

Frank Jacobelli MSW, LCSW  
(775) 691-3482  
FJJLCSW@gmail.com  
NV LIC. 01886-C



**Suicide  
Prevention  
Network**

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