

# MEN OF COURAGE

**A SAFE PLACE FOR MEN TO DISCUSS MENTAL HEALTH TOPICS**

## **GROUP LEADER:**

JEFFREY AMBROISE  
LPC

## **PHONE:**

860-785-6222

## **EMAIL:**

JEFFREYAMBROISE@COURAGECC.COM



## **DETAILS**

### **ADDRESS:**

1268 MAIN STREET,  
NEWINGTON, CT 06111  
(SUITE 204)

### **DAY & TIME:**

THURSDAY'S FROM  
7:00PM-8:30PM  
(TWICE A MONTH)

### **AGES:**

25 AND UP (EXCEPTIONS  
CAN BE MADE)

## **SUPPORT FOR:**

- ANXIETY
- DEPRESSION
- ANGER
- ADDICTION
- FAITH
- FEMALE ISSUES

## **18 WEEK CURRICULUM/BREAKDOWN:**

WEEK 1: WHAT IS THE DEFINITION OF A MAN?

WEEK 2: HOW LONG DOES IT TAKE TO RAISE A MAN?

WEEK 3: WHAT IS A MAN'S PEACE?

WEEK 4: THE TITLE OF YOUR LIFE...

WEEK 5: THE 4 SEASONS OF MEN: YOUR 20s, 30s, 40s, and 50s

WEEK 6: WHAT IS YOUR CODE / CREED / VALUES?

WEEK 7: SURVIVING THE CHAPTERS OF MARRIAGE

WEEK 8: THE SELECTION PROCESS...HOW DO YOU CHOOSE "THE ONE"?

WEEK 9: DEALING WITH TRAUMA, AND THRIVING FROM TRAUMA

WEEK 10: A LIGHT HEART VS. A DARK HEART (DEBATE TALK)

WEEK 11: THE SELF-CARE OF A MAN

WEEK 12: THE FINANCIAL LITERACY OF MEN

WEEK 13: THE IMPOSTER SYNDROME

WEEK 14: THE LUST DEMON

WEEK 15: THE LIFE OF A FATHER. BREAKING THE GENERATIONAL CURSE

WEEK 16: A LION'S TEARS - EMOTIONAL RELEASE

WEEK 17: DEALING WITH LIFE AND DEATH - A MAN'S PROTECTION FROM ADDICTIONS

WEEK 18: THE RETIREMENT PLAN - LIFE AFTER 60