

THE RELATIONSHIP THERAPY CENTER PRESENTS

MEN'S PROCESS GROUP

Real men. Real talk. Real connection.

IN THIS GROUP, YOU WILL:

- Build practical tools for staying steady when life gets hard
- Explore what honest, grounded masculinity means for you
- Connect with a community of men doing the same work
- Slow down and pay attention to what's actually happening inside

ABOUT THE GROUP

Most men were never taught how to talk about what's actually going on. This 6-week group is a place to change that. Join a small community of men figuring out — together — what honest masculinity looks like: showing up authentically, connecting for real, and handling life's hard stuff without going it alone.
It's real work, but it's not all heavy. Expect straight talk, genuine connection, and yes, some laughter along the way.



FACILITATED BY TODD FAEHNER, MA, LMFT

Todd is a Licensed Marriage & Family Therapist and a former U.S. Army Combat Arms Officer. He's a husband and a father, and he's spent his career working with couples and families in crisis — and with men who are ready to stop white-knuckling it alone. He runs a group that's honest, grounded, and surprisingly good company.

DETAILS

WHERE
Miracle Mile Shopping Center Conference Room

5007 Excelsior Blvd, St. Louis Park, MN
Easy parking, low-key space.

WHEN
Wednesdays 6–8pm
January 27–March 3

Six weeks, same crew each week — that's how the trust gets built.

COST
$600
for the full 6 weeks

Payment options are available.

HOW TO JOIN

Email Todd at Todd@MNCouplesCounseling.com
with your full name, phone number, and how you heard about the group

Not sure if it's for you? Reach out anyway — a quick conversation with Todd is the best way to find out.