

Finding Steady

A therapeutic group for young men looking to more purposefully incorporate calm, connection, and contentment into life.

Finding Steady may be a good fit if any of the following ring true:

- ✓ I am struggling with depression, anxiety, or anger
- ✓ I want to learn how to be calmer
- ✓ I want to know where I belong
- ✓ I want to figure out what makes me happy
- ✓ I don't get the purpose of this life

What: An active, process-oriented group

When: Beginning October 2nd, Tuesday evenings @ 6:00 pm

Who: High school aged males

Where: Relate Counseling Center
5125 County Rd 101 | Suite 300
Minnetonka, MN 55345

Cost: Each session is \$75. Depending on individual coverage, insurance may cover the cost of sessions



How to connect/register: Contact Aaron Rusnak, MSW, LGSW (arusnak@relatemn.org) via email or phone, 952-932-7277