



A man wrapped up in himself makes a very small bundle.

~Benjamin Franklin

The fee structure is based on an eight-week commitment, needed to foster safe and open discussions.

The group will have a maximum of eight members; small enough to foster comradeship, confidentiality, and a feeling of safety but large enough to stimulate the sharing of diverse experiences.

Men are not prisoners of fate, but prisoners of their own minds.

~Franklin D. Roosevelt

#### Benefits of a Support Group:

- Understand what it means to be "male" in our culture
- Question the roles of father, husband, provider, son
- Understand your passions versus those of others
- Define what is meaningful
- Reduce anxiety, depression & distress

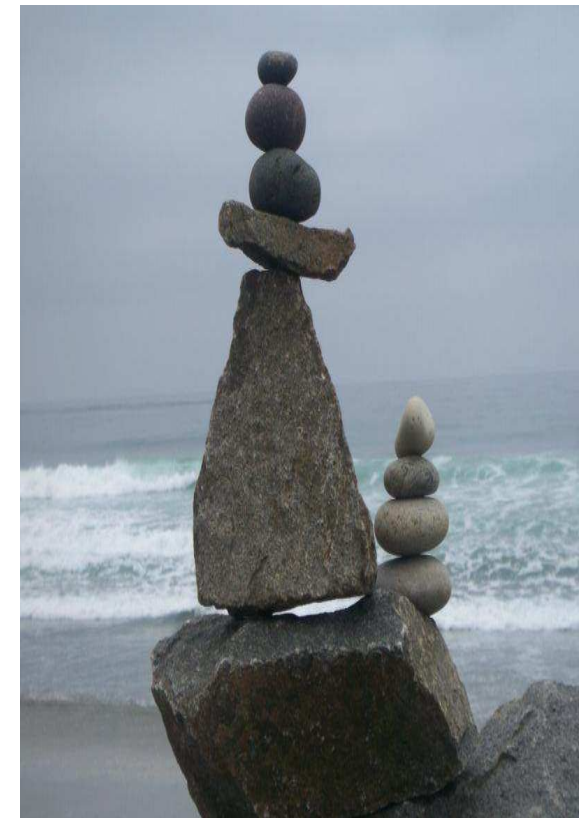
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## What is your legacy?

An eight week group for men questioning their direction, purpose and decisions in life.



## Thoughtful discussion for men questioning their role in life.

A safe, encouraging environment where men share their concerns, experiment with new ideas and question their notions of success, as well as an opportunity to connect with others who want a life of meaning.

This group, limited to eight, will provide invaluable opportunities for men to both receive support and give support to others who face similar challenges.

This group will help reduce stress and feelings of isolation, and increase self-awareness and competencies.



*Maybe all one can do is hope to end up with the right regrets. ~Arthur Miller*

Nancy Rubbico, psychotherapist, has a private practice in Winchester and a clinical practice at Arbour Counseling in Jamaica Plain. Her practice focuses on individuals, couples, and groups dealing with depression, anxiety, bipolar, PTSD, as well as weight and parenting concerns. She helps people manage loss, stresses, addiction, and gain insight into destructive relationships and behavior.

With a strong framework for identifying unconscious repetitive patterns accompanied by the use of cognitive behavior methods, Ms. Rubbico has successfully helped patients gain clarity, feel empowered, and increase their choices in life.

Ms. Rubbico has an M.A. in psychoanalysis and a B.A. in social work. She is an accredited group leader with over 20 years' experience. She has been a frequent presenter at parenting conferences, covering topics such as "Neuro-feedback for Treatment of ADD/ADHD" and "Understanding the Phases of Sexual Development in Children." Ms. Rubbico is a member of Massachusetts Mental Health Counselors Association (MaMHCA). In addition, Ms. Rubbico has previously worked as a non-profit fundraiser and in corporate business.

