



Men at Midlife

An Experiential Discussion Group Led by Dr. David Rakofsky, Psy.D.

An open-ended conversation for men at an especially transformative, challenging and potentially creative phase of life. We'll talk about our lives and what gives us meaning: who we are, *where* we are (from our careers, relationships and families to our frustrations and triumphs), where we want to go and how to leave a few footprints in the sand along the way.

Who: Men in their 40s and 50s

When: Mondays, 7 p.m. to 8:30 p.m.

Where: 7101 N. Cicero Ave., Suite 203, Lincolnwood

*Dr. Rakofsky is a licensed clinical psychologist and president of Wellington Counseling Group. To participate and for more information, including cost, please contact Dr. Rakofsky at DRakofsky@WellingtonCounselingGroup.com or at 312-384-1940, ext 01.

