

Real tools. Real conversations. Real growth.

A structured group for men to build skills in managing emotions, handling stress, and improving relationships, with space for honest, supportive connection.

Grounded in DBT and incorporating elements of ACT and parts-based awareness, the group blends skill-building with guided discussion and meaningful peer connection.

Wednesday
8:15 pm
5309 18th Ave

Join today!
929.525.2647
pneuworth@pesachtikvah.org



A supportive, compassionate space to learn how to:

Respond, Not React

Stop Repeating the Same Patterns

Improve Communication

Reduce Anxiety and Overwhelm

Feel More in Control of Life

Connect with Others Who Get It

Under the executive leadership of Yerachmiel Stern, LCSW



Pesach Tikvah
פתח תקווה • THE DOOR OF HOPE
CLINICAL, RESIDENTIAL & SUPPORT SERVICES