



Becoming Allies

A Relationship Group for Men

BY ALLIES IN CHANGE

*Improving Relationships ♦ Building Intimacy
Strengthening Communication ♦ Reviving
Connections ♦ Rediscovering Happiness*

Wednesdays at 7:00

with

Dr. Chris Huffine, Psy.D.

1675 SW MARLOW AVE, SUITE 110
PORTLAND, OR 97225
(503) 297-7979

WWW.ALLIESINCHANGE.ORG
ALLIES@ALLIESINCHANGE.ORG



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About the Group

Becoming Allies is facilitated by Dr. Christopher Huffine, licensed psychologist, and is designed to help men learn how to be more effective in relationships. The group is a positive and collaborative experience that focuses heavily on communication, working with each other, and striving to change for the better.

Group Content

We make heavy use of work and research by John Gottman, praised psychologist and recipient of four National Institute of Mental Health Awards. We use many other proven techniques specifically designed to assist in the development and improvement of relationships.

Rates and Health Insurance

Our standard rate is \$60 per group session, however, we offer reduced sliding scale fees based on income. Contact our office for details. We accept a variety of health insurance plans. We can check benefits in advance of your appointment and bill on your behalf.