



# ***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](http://www.AlliesinChange.org)  
[Allies@AlliesinChange.org](mailto:Allies@AlliesinChange.org)



## ***Becoming Allies***

### ***A Relationship Group for Men***

#### ***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 \$85 per group session, however, we offer reduced sliding scale fees based on income. Contact our office for details.