

MEN'S PROCESS GROUP

MEANING. CONNECTION. GROWTH.

A confidential and supportive space for men to build emotional awareness, explore life's challenges, and creating a community centered on connection. This group emphasizes increasing emotional awareness as a means for deeper self-awareness, resilience, and growth.

IN THIS GROUP, YOU WILL:



GAIN EMOTIONAL INSIGHT
Explore layers to experience, emotional expression, and reactional patterns.



BUILD CONNECTION
Build authentic relationships through open sharing and exploring in-person dynamics.



DEVELOP SOCIALLY
Learn to tolerate emotional risk. Experiment with new ways of relating. Give and receive interpersonal feedback.



FIND SUPPORT
Receive support in a place of respect, accountability, and understanding.



**STARTING
WEDNESDAY,
SEPTEMBER 23RD**



**WHEN
EVERY WEDNESDAY
5:30 – 7:00 PM**



WHO
Men 18+ looking for growth, connection, and support.



WHERE
**9800 Shelard Parkway
Plymouth, MN 55441**



CONFIDENTIAL
What's shared in the group stays in the group.



6 WEEK COMMITMENT
Commitment to the group helps create a safe and effective environment.

FACILITATED BY

DEAN HADLAND, MA

Dean brings a grounded, compassionate, and evidence-informed approach to group facilitation. His goal is to create a space where men feel understood, challenged, and empowered to grow.





INTERESTED?
Contact Dean to learn more or reserve your spot.
dean@evolvetherapymn.com



6 WEEK COMMITMENT
Commitment to the group helps create a safe and effective environment.

Evolve Therapy Launches Men's Therapy Group in Plymouth as Data Shows Lower Counseling Rates

September 18, 2026

Plymouth, Minnesota - September 18, 2026 -

Evolve Therapy will begin a six-week men's process group on Wednesday, Sept. 23, at its office at 9800 Shelard Parkway in Plymouth, Minnesota, with weekly 90-minute in-person sessions for men 18 and older. The group opens three months after the National Center for Health Statistics reported that 10.9 percent of adult men in the United States received counseling or therapy from a mental health professional in 2024, compared with 16.9 percent of women.

The group meets every Wednesday from 5:30 to 7 p.m. and is structured as a closed, confidential group carrying a six-week attendance commitment. Sessions are facilitated by Dean Hadland, MA, a therapist at Evolve Therapy who has previously led men's support groups. Prospective members complete a screening conversation with a therapist before the first session. Men from Plymouth, Minnetonka, St. Louis Park, Golden Valley and surrounding communities are eligible to join.

A process group differs from a psychoeducational or lecture-based support group. Rather than following a set curriculum, participants examine what happens between group members in real time: how they respond to disagreement, how they give and receive feedback, and what patterns surface in the room. The group

centers on four areas, which are emotional awareness, building relationships through open discussion, tolerating interpersonal risk, and giving and receiving direct feedback among peers.

"My hope in starting the process group is that it gives participants an avenue to explore their experiences more deeply while expressing and relating to each other in ways that may be novel and healing," said Hadland. "For a lot of men, it is rare to have a community to face shared issues with authenticity and vulnerability."

Hadland joined Evolve Therapy in August 2025 and completed a Master's in Counseling Psychology with a focus on Marriage and Family Therapy at the University of St. Thomas. He spent a decade in human services before entering clinical practice, working with individuals and families facing mental health concerns, housing instability, addiction and crisis situations. His clinical focus areas include anxiety, depression, life transitions and out-of-control sexual behavior.

The six-week format and fixed membership are deliberate design choices, according to the practice. A closed group with a defined start date keeps the same participants together over consecutive weeks, which the practice says supports the trust members need to speak candidly about topics they have avoided elsewhere.

"Many men face both cultural and gender barriers around asking for help, and a group setting removes some of them," said Renee Segal, MA, LMFT, owner of Evolve Therapy. "Sitting in a room with other men who are describing the same experience does something a one-on-one session cannot. It tells a man he is not the only one."

The men's process group is Evolve Therapy's first standing group program. The practice specializes in Emotionally Focused Therapy for individuals, couples and families, and its clinical team includes licensed marriage and family therapists, licensed professional clinical counselors and supervised graduate interns. Evolve Therapy operates on a private-pay basis and is out of network with insurance.

The gap in counseling extends to other forms of treatment as well. The same federal report found that 13.4 percent of men took prescription medication for their mental health in 2024, compared with 24.9 percent of women. Evolve Therapy's office sits near the junction of Highway 169 and Interstate 394, where Plymouth, Minnetonka, St. Louis Park and Golden Valley meet. The practice also sees clients from Maple Grove, Wayzata, Brooklyn Center, Eden Prairie and Minneapolis, and offers teletherapy for individual counseling.

Men who are not current clients can reach the practice's client care coordinator for details on the September cohort and other men's group therapy offerings. Current clients are directed to raise the group with their own

therapist.

Evolve Therapy is a counseling practice in Plymouth, Minnesota, providing individual, couples and family therapy, with clinicians trained in Emotionally Focused Therapy. The practice serves clients across the western Twin Cities metropolitan area. For more information, visit Evolve Therapy's website.

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For more information about Evolve Therapy, contact the company here: Evolve Therapy
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Plymouth, MN 55441

Evolve Therapy

Evolve Therapy is a couples counseling practice in Plymouth, MN, serving the Twin Cities in person and online. Specializing in Emotionally Focused Therapy, Evolve offers couples counseling, affair recovery, premarital counseling and individual therapy.

Website: <https://www.evolvetherapymn.com/>

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