



Movember, Changing the Face of Men's Health

A New Male-Focused Therapy Practice Opens in Montreal

Paul Jozsef Counselling & Coaching is pleased to announce the opening of a new therapy practice in Westmount, Montreal.

Paul Jozsef explains, "I work primarily with men who have difficulty with issues such as depression, anxiety, stress and anger management."

Movember's work in reducing the stigma men face with regards to mental health is integral to the philosophy of Paul's therapy. "Too often, men don't feel 'secure' to seek help for issues that are affecting them and those around them."

Paul often takes an integrative approach in his work with his clients depending on their experiences, needs and goals.

"I believe it is important to help my clients understand how their past may be influencing their life; how they make sense of, and derive meaning from, life; and how they can bolster their resilience to future challenging experiences," said Paul Jozsef.

The practice opening coincides with Movember, which is committed to changing the stigma of men's mental health and wellbeing.

Paul goes on to explain, "With one in five Canadian men affected by mental illness, it is extremely important to talk openly about men's mental health.

The practice also offers business coaching for executives, small business owners and entrepreneurs. Jozsef says "running a small business can be difficult. Knowing how to work with your strengths and weaknesses isn't inherently obvious. Coaching is a great way to hone your strengths, learn to accept your weaknesses and move forward, past blockages and self-defeating patterns of behaviour."

Paul Jozsef Counselling & Coaching is conveniently located in 'the flats' of Westmount, a short walk from Atwater Metro station.

"I believe that counselling and coaching are both very valuable tools that can help you overcome the obstacles in the way of becoming the best version of yourself," said Paul Jozsef.

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