



November 2025 - Newsletter

November 2025 Men's Mental Health Awareness Month



Redefining Strength, Power and Growth in Men's Mental Health

Men's Mental Health Awareness Month serves as a powerful reminder that strength is not just about toughing it out—it's about the courage of honesty and self-understanding. The pressure on many men to be the solitary problem-solver can be immense, yet real growth begins when they allow space for emotion and reflection. Aaron specializes in guiding men, young people, couples, and neurodivergent clients

November Important Dates

DETROIT ~ Black Men's Mental Health Conference

- What it is: A conference focused on Black men's mental health awareness, with conversations and free haircuts potentially offered.
- When: Saturday, November 15, 2025, at 10 a.m..
- Where: TechTown Detroit.

Creative Counsel - Therapeutic Art Group

- What it is: A therapeutic art group to explore self-esteem, forgiveness, and emotions.
- When: Monday, November 17, 2025, at 10 a.m..
- Where: Open Door Counsel & Life Coaching, Iron Mountain.

INTERNATIONAL MEN'S DAY CELEBRATION

- What it is: A fun gathering to celebrate men's contributions

to balance thought and feeling, helping them relieve that internal pressure and create space for essential growth, deeper connection, and lasting peace.

Aaron Thomas is a Licensed Professional Counselor who works with individuals of all ages, with a focus on preteens to young adults. He provides a warm, supportive environment where clients can explore their story, gain insight, and work toward meaningful change.

Aaron specializes in treating depression, anxiety, trauma, grief, family conflict, ADHD, and life transitions. He also works with couples and families, using proven strategies that foster connection and growth. His approach is primarily Person-Centered and CBT-informed, with a focus on helping clients feel safe, seen, and empowered as they work through the effects of trauma.

With seven years of experience supporting children on the autism spectrum, Aaron brings a compassionate and informed perspective to his work with neurodiverse clients.

Aaron is currently accepting new clients. Complete the form in the link to sign up for services.



The Courage to Look Inward

Recognizing that Men's Mental Health Awareness Month highlights the critical need to challenge the stigma of emotional suppression, Will Hove, LLPC at Thaar Care, is dedicated to helping men move past the pressure to be the "strong, silent type." Will's approach is centered on creating a safe and transparent therapeutic

and address issues they face, aligning with the global awareness day on November 19.

- When: Sunday, November 16, 2025, at 11 a.m..
- Where: Ford Wellness Center, Detroit.

MAN UP 2.0

- What it is: A free event to break the stigma around men's mental health. It features networking, food, a comedy show, and a panel discussion.
- When: Saturday, November 22, 2025, at 6 p.m..
- Where: Stage One at Sycamore Creek Eastwood, Lansing.

Veteran Support Information

Local and National Organizations

- Local Posts: Look for local chapters of organizations like the American Legion and Veterans of Foreign Wars (VFW), which often have local posts and social events.
- **Disabled American Veterans (DAV):** Use the **DAV office locator** to find a local office for assistance with free services.
- **Volunteers of America (VOA) Michigan:** Call **VOA Michigan** at (877) 509-VETS (8387) for support and resources outside the VA.
- **Wounded Warrior Project (WWP):** Contact the WWP Resource Center at 888.WWP.ALUM (997.2586) to find a peer support group.
- **Veteran Navigators:** This program connects veterans with resources for mental health, substance abuse, housing, and more.
- **Michigan Veterans Coalition:** This group is comprised of representatives from the American Legion, DAV, Vietnam Veterans of America, and VFW and offers accredited veteran service officers who can provide free assistance.

environment, believing that our lived experiences form a life narrative that influences thought and behavior. By offering focused support on Men's Issues, anxiety, and depression, Will helps clients observe themselves with more objectivity and grace, enabling them to explore their feelings and pursue essential growth and positive change.

Will Hove completed his Master's program in Clinical Mental Health Counseling at Oakland University. Will enjoys working with a number of ages from adolescence to late adulthood. He uses a combination of Person Centered and Cognitive Behavioral therapy and tries to adapt treatment to each client's needs. Will recognizes the importance of a trusting relationship between clients and therapists, and tries to create an open and transparent environment for therapy.

Will is currently accepting new clients. Complete the form in the link to sign up for services.

**MEN CRY.
MEN BREAK DOWN.
MEN GET ANXIETY.
MEN HAVE EMOTIONS.
MEN FEEL INSECURE.
MEN HAVE MENTAL ILLNESSES.
IT'S NOT "UNMANLY" TO STRUGGLE.
LET'S SUPPORT MEN.
LET'S ENCOURAGE MEN.
DON'T BELITTLE OR SILENCE MEN.
MEN STRUGGLE TOO.**

Reduce Stigma by normalizing the conversation and equating mental care with physical care.

You can be the difference. If a friend or family member is having a hard time, help them connect with the **988 Lifeline**. Supporting someone can be hard on you, too. **Take care of your mental health** and reach out for support if you need it.

For immediate support

- **Veterans Crisis Line:** In a crisis, dial 988 then press 1, or text 838255 for 24/7 confidential support.



Scan to register



or
Text (248) 848-1893
(248) 229-3217

11-11-25
SUIT YOURSELF
Success Beyond Service

Attendees will receive:

- ✓ FREE Veterans Appreciation Brunch
- ✓ Career style attire to choose from
- ✓ Personal styling consultation
- ✓ Professional head shots
- ✓ On-site community resources
- ✓ 1 to 1 benefits navigation assistance



Empowering Our Heroes

Time: 12-4pm | Location: Auburn Hills Marriott Pontiac 3600 Centerpoint Pkwy
Pontiac, MI, 48341

The Veterans Time is Now!

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