



MEN CAN CRY



COMBATING THE STIGMA AROUND MEN'S MENTAL HEALTH



DETAILS:


- Masculinity and societal expectations
- How does culture affect men's mental health
- Unhealthy vs. Healthy coping mechanisms
- How can we support men in talking about mental health
- Using a feelings wheel
- What does vulnerability look like?
- Societal pressure and Isolation
- Resources for support






DATE: MAY 12TH
FROM: 1PM TO 3PM



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 Zoom Link and Registration
 **Register in advance for this meeting:**
<https://us06web.zoom.us/join/register/tZcscOCorjluGN0lqCVHnd1ivtHJ9E9f2YtA>

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