

Men's Group

Now Forming

- Tired of feeling you have to “man up” all the time?
- Want to learn about real strength and courage?
- Want to have more authentic and fulfilling relationships with men and women?
- Want a supportive environment that encourages growth and personal success?
- Feel that a trusting and confidential space would help working through the difficulties men experience in college?

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Counseling and
Psychological
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Looking for a place to discuss life, stress, struggles with depression and/or anxiety, relationships, family, or friendships from a guy's perspective?

Join our weekly men's interpersonal process group for a **confidential** and **respectful** place to have conversations in life that don't always have an outlet for men on campus. Asking for help isn't always easy, however, being in a group gives members the opportunity to both learn from AND help other guys with concerns that we often share as college men.

Men's therapy group meets weekly for 90 minutes and encourages mutual support, productive challenge, and cooperation.

Contact Bryce Crapser at Counseling and Psychological Services at **860-465-0181** to set up an appointment to see if it is a good fit for you.