## MEN: Meaningful Explorations and Networking

**SPRING 2017** 

In a world where there are many barriers to cultivating deeper, meaningful relationships with others, this group is a safe space for men to discuss issues that they commonly face and to both give and receive support from other men. Possible topics may include:

- Building and maintaining healthy relationships with peers, romantic partners, and other men
- Influence of culture, family, and societal ideas of masculinity on personal values, identity development, and self-concept
- Impact of gender roles, norms, and stereotypes on personal well-being
- Challenges to effective communication, expressing and managing emotions, resolving conflicts, and intimacy within relationships

**Dates: Monday, Weeks 2-10** 

Time: 1-2:30pm

**Location: CAPS Central Office, Galbraith Hall 190** 

This group is by referral only and is not a drop-in group. For more information, please contact:

Ronald Ma, Psy.D. (858) 534-9179 caps.ucsd.edu/groups

