

Status:

Open

Meeting Day and Time:

Mondays 2 - 3:30 pm

Facilitated By:

Anthony Teasdale PhD and David Stanley, M.Ed.

Man to Man



We need to have a direct and honest conversation about being a man today. We need to speak ?man to man.? The world is changing, and it can be confusing to figure out your place in that world as a man. ?Be tough?.don?t cry?.be a man?compete to win?don?t admit weakness?be in charge?don?t ask for help? ?..are all messages men internalize and act out about how to ?be a man.? As a result, men become accustomed to hiding their stresses, worries, and concerns from others. This can come at a significant cost. Underperformance in school has been linked to narrow societal messages about masculinity. Men may numb themselves with substances or explode onto others and the world when they can?t hide their pain and struggle anymore. Men have worse health outcomes than women. Men may withdraw from relationships or appear that they don?t want intimacy. We?re often not aware that we are receiving these damaging messages. We wonder if something is wrong with us because we don?t live up to some narrow definition of masculinity. We feel dissatisfied and trapped. We think, this is just the way it is, and it can?t be another way.

But that?s not the whole truth! There is another way.

You might ask yourself:

- Do you experience difficulty recognizing and accepting your feelings, especially feelings other than anger?
- Would you like to be closer to the men in your life, or build better connections and more satisfying relationships with others?
- Do you want to better understand the type of man you want to be and not be constrained by stereotypes and rigid expectations?

- Would you like to become more comfortable opening up to others?
- Do you experience difficulty asking for help or dealing with criticism?
- Issues with family?
- Do you worry about how others perceive you?

If you answered "yes" to any of these? ?Man to Man? is the group for you!

In this group, members learn how to be more flexible in dealing with life's challenges in a supportive and safe environment. Everyone works together to move toward their goals by providing encouragement to one another, giving and receiving feedback, and experimenting with new ideas and behaviors by learning how to connect to each other in the group. We will explore how trying to live up to a rigid stereotype of masculinity restricts and impedes our lives, including relationships with family members, romantic partners, and friends. Group members will share struggles, celebrate joy and accomplishments, learn better ways to form meaningful relationships, and develop insight about themselves and their relationship patterns. Come be a part of this powerful experience

Image by CDC.gov

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