

MAN UP!

:and other stigmas that hurt men's mental health

FEBRUARY 18TH, 1PM & 4PM, L-136

**MEN
ONLY**



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Sorry guys, but you do have feelings and as equally complex of an internal world as anyone else on earth. For decades, societal norms have messaged to men that they cannot show emotional vulnerability. This can serve as a recipe for extraordinary hardship in mens' general wellbeing, relationships and mental health. We will explore how men can be more vulnerable and how doing so can lead to a fuller life, while suppressing their inner worlds usually leads to great hardship. We will also address the stigma that underlies most these societal and gender challenges with the aim of helping men start/continue to accept their own "selves".

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Ditz 02/19/2025