

# MEN'S GROUP

## For Graduate & Undergraduate Male Students Fall 2008

This eleven-week group for men will focus on a wide variety of issues within the context and perspective of being male.

### Goals for the group:

- 1) **Explore** difficulties in experiences & **brainstorm** multiple solutions
- 2) **Discuss** shared experiences and strengths
- 3) **Help** members identify common threads of male life experiences

### Common topics may include the following:

- **Relationships, loneliness, isolation**
- **Stress, depression, anxiety**
- **Aggression, anger, risky-behaviors**
- **Use of potentially self-destructive coping mechanisms including alcohol and drug use, gambling, pornography**

### **Facilitators:**

**Mark Krautheim, Ph.D. & Jackie Armstrong, B.A.**