

MAN 2 MAN:

Rewriting the Script

BI-WEEKLY TUESDAYS 7PM

A virtual bi-weekly therapy group for men aged 18+ that aims to provide a space to discuss, process, & work through common challenges pertaining to the stigma around being a "man."



BREAKING THE STIGMA

explore and challenge societal expectations of masculinity

SUPPORT & GROWTH

build emotional resilience in a judgment-free environment

You may benefit if you struggle with:

ACCOUNTABILITY

EMOTIONAL INTELLIGENCE

INTERPERSONAL CHALLENGES



Contact Us:

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**FACILITATED BY
JUSTIN CROAK, LSW**

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