Fordham Counseling & Psychological Services

Men’s Group

Group 1: Wednesdays @5pm on Zoom (starts 9/27)
Group 2: Thursdays @1pm on Zoom (starts 9/28)

Explore

A processing space for individuals who identify as men

What does healthy masculinity look like?
What does it mean to live with purpose?
How do you deal with conflict?
Are you looking to break out of old patterns?

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Come sit around the [metaphorical] fire—a space where men can be encouraged to share and process their internal, emotional, and interpersonal experiences. Join a safe space to explore together various hidden aspects of your self and of your mental and emotional well-being.