## Wondering how to prioritize your mental health? Struggling in your relationships? Feeling like others won't get it?

# **MEN'S GROUP**

Connect with other men in a supportive space and learn effective ways to strengthen your self-care & relationships

Welcoming all MIT undergrad & grad students identifying as men

## WEDNESDAYS 2-3:15pm

In-Person @ Student Mental Health & Counseling E23 – Third Floor

## TO JOIN:

Space is limited. Email <u>mdibianca@med.mit.edu</u> to schedule a 30-minute introductory screening

