

Talking Tough: Men's Support Group

Tuesdays

3 p.m. – 4:15 p.m.

Zoom



The group is an interpersonal process group for graduate and undergraduate students who identify as male. Group members will work together to identify topics of discussion each week, which may include depression, anxiety, intersectional identities, perfectionism, substance use, dealing with mental health stigma, and relationships.

Students must complete a Needs Assessment with a UB Counseling Services counselor in order to participate in a group.

Call 716-645-2720 for more information.