

# Beyond Toughness: A Men's Therapy Group

**TUESDAYS  
MARCH 3 - MAY 12  
11AM - 12PM**

**STUDENT HEALTH CENTER  
CONFERENCE ROOM**



**A space to talk, connect, and grow. Join us for a weekly group for men focused on:**

- **Stress & mental health**
- **Relationships & life challenges**
- **School, work, and life balance**
- **Building resilience and community**

**This is a supportive, confidential, and judgment-free space to show up as you are and connect with others.**



For more information or for accessibility-related questions, please contact SHS at 310-660-3643.