



# Workshop: Unpacking the Man Box

**Are you tired of hearing that a man should only be strong and not show his emotions?**

Research has shown that these and similar ideas about what it means to be a man have contributed to high rates of suicide, depression and anxiety among men, as well as violence against women.

Join us for a workshop with the Jesuit Social Services initiative The Men's Project, who will present The Man Box research and facilitate a discussion on ways to break free from harmful masculine stereotypes. Everyone is welcome!

## EVENT DETAILS

**WHEN** Tuesday, 6 December 2022, 6:30pm - 9pm including a light dinner

**WHERE** Melbourne Town Hall Administration Building, Media Presentation Suite

**REGISTER** [www.trybooking.com/CEEEQ](http://www.trybooking.com/CEEEQ). Book now as places are strictly limited.

*This workshop is being offered by the City of Melbourne in partnership with Jesuit Social Services.*

