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**California State University, Los Angeles
Men and Emotions Presentation and Conversation facilitated by
Mark Wrinkler**

Testimonial:

The Cross-Cultural Centers at Cal State LA was delighted to host Mark Wrinkler, founder of the ManHood camp and Fatherhood Circle blog, on Wednesday October 21st for our Men of Color Success Network session, where we explored Men and their relationship with emotions. During the 1.5-hour session, Mark led our group of students and campus professionals through a presentation that examined the limitations placed on men identified people regarding their emotional expression. Mark's facilitation style encouraged deep reflection for the session participants that led to an open, honest and vulnerable conversation about how and why emotional expression limitations exist and how to break beyond them. The session truly challenged all participants to think outside the "man-box" and challenge gender roles imposed on specific genders by mainstream culture. The discussion resulted in having men clearly identify ways in which emotional limitations can lead to toxic masculinity, patriarchy, sexism and violence. Which led to a conversation about personal accountability and participants were able to commit to challenging unsafe behaviors we may practice daily. We look forward to hosting Mark for future sessions that connect to skill-building and personal development for men identified people.

DocuSigned by:

Laura Tejeda
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Laura Tejeda
Assistant Director
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