

## Press Release: **Unpacking Masculinity Speaker Series**

**FOR IMMEDIATE RELEASE (02/11/2021)**

Pints with the Pack Presents “Unpacking Masculinity Speaker Series” Proudly supported by SARC & Next Gen Men.

MEDICINE HAT, Feb. 11, 2021- Join us most Sundays starting February to April 2021 where Pints with the Pack will hold virtual space to lay the groundwork for the community/province to discuss topics concerning men and masculinities. This series will offer support and fresh perspectives to folks in our community around issues affecting men such as fatherhood, men’s mental health, substance use etc., while having the great work of Pints with the Pack reach a broader audience.

The “Silent Crises” is the term used to define men’s mental health, as suicide is the second leading cause of death for Canadian men ages 15-44 (Statistics Canada). Research suggests men experience a significantly higher rate of certain mental health outcomes than females. Such as 82% of opioid related deaths in British Columbia were men (BCCS, 2017). This is significant as men are taught from a young age to be stoic, resilient, and self-sufficient in the face of adversity (Affleck et al., 2018). This will not stop unless we collaboratively start acting now to set ourselves, community, and children up for a healthy and promising reality - Pints with the Pack is creating this radical change.

### **About Pints with the Pack**

Pints with the Pack is the Medicine Hat Chapter of Next Gen Men. This community takes a strengths-based, pro-feminist approach to masculinities that celebrates what it means to be a man, while acknowledging issues facing men and boys and the communities they exist within. Pints with the Pack meets monthly at the Silver Buckle in Medicine Hat, AB, where they have rich conversations about pressing topics.

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Pints with the Pack is locally created and driven in Medicine Hat to make brave spaces for healthy masculinity a reality. With the current pandemic in place, Pints with the Pack can no longer meet at their monthly gathering. This series provides an opportunity for the group to meet, expand their participation in an easily accessible format while inviting keynote speakers and experts to speak on topics that matter most to the group. Running this series will allow Pints with the Pack to continue to deconstruct masculinity and empower participants to create change with like-minded community leaders, and world-renowned researchers in the field of men and masculinity.

What it means to “be a man” is a question many males ponder while navigating social pressures to fit in with societal norms. Unpacking Masculinity speakers will shine light and increase knowledge and dialogue on societal issues that affect men, and men have an impact in solving. These issues include gender inequality, patriarchal violence, men's mental health struggles, undefining what it means to "be a man", while sparking ideas for men as to how they can grow, heal, and raise a healthier next generation.

SARC is proud to collaborate with Next Gen Men to hold Pints with the Pack in Medicine Hat. Pints with the Pack openly discusses topics men do not normally have about issues like mental health, addiction, and relationships. More information can be found on Pints with the Pack's Facebook page, or connect with SARC at 403-548-2717.

This event will run virtually most Sunday mornings starting in February and ending in April. Tickets and registration are available on [Eventbrite](#) .