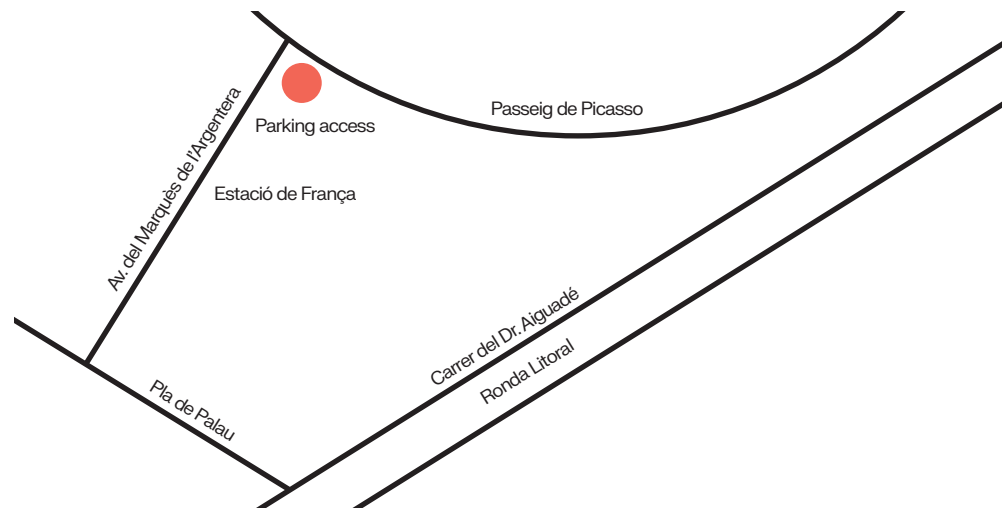Av. Marquès
de l'Argentera, 22
Barcelona
T. 933 491 610
plural@bcn.cat

Opening times:
Monday to Friday
from 9 am to 2 pm
Monday to Thursday,
from 3 pm to 8 pm

How to get there:
Buses:
V19, H14, 47, 59, 120, D20,
N0, N6, N8, N28, V13, V15
Metro:
L1 (Arc de Triomf)
and L4 (Barceloneta)

There are many ways
of being a man. Some of
them make us freer and
generate more equal
relationships.

Av. del Marquès de l'Argentera
Parking access
Estació de França
Passeig de Picasso
Carrer del Dr. Aiguadé
Ronda Litoral
Pla de Palau

Plural

Masculinities
centre

Plural

Masculinities
centre

Ajuntament de
Barcelona

What is Plural?

Plural is a municipal facility aimed at the male population that seeks to promote more open, respectful and healthy relationship models. It is an intimate space conceived to support you with those doubts that may arise at any point in your life.

Precisely because men are also gendered, reflecting on the impacts that certain ways of being men have on our lives will help us to improve our social and personal relationships.

Are you experiencing, or have you experienced, any of these situations?

You find it difficult to manage and communicate your emotions.

You feel judged for your aggressive reactions and attitudes and you see that these situations disrupt other areas of your life (relationships with your partner, family, work colleagues and friends).

You would like to learn more about masculinities and how this might affect your life.

Have you ever asked yourself what kind of parent you would like to be?

Do you want to improve gender equality and equity in your organisation?

Plural has various social care professionals who offer:

Psychological care for individuals and groups.

Legal and technical advice.

Activities on egalitarian masculinities.

Training sessions on masculinities and genders.

Resources and tools or the general public and professionals.

We also offer our facilities to all social agents and associations who wish to encourage and promote work on masculinities in our city.

Want more information?

Send us your questions by email address to: plural@bcn.cat

Or take a look at our website: https://ajuntament. barcelona.cat/dones/en