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Edition 26

What's Happening in Men's Work in August

Hi All,

Welcome to the latest edition Newsletter from Cecil's Men's Hub ~ The Virtual Men's Gathering and Worldwide Men's Group Directory.

***Wow**, just when we thought that we were starting to get to the home stretch of COVID-19 Pandemic especially in Melbourne, we were thrown straight back into another lockdown and more restrictions. Now, not only with there 4 reasons to go out, now with face coverings being compulsory.*

From my side, yes it's not easy to do in my daily life as I like to see peoples faces when I am interacting with them, which is impossible with a face covering.

But, I am trying to take 100% responsibility for all of my actions.

My actions have consequences, not only for me but everyone that I interact with. So if I am unfortunate enough to contract COVID-19, the last thing that I want to do is infect another person. That Person may have people in their immediate close circle that are vulnerable to their health being compromised? The reason that they get sick or even death would be directly down to may action for wearing a face covering. That is something that I do not wish to have on my conscience.

*So, please do the decent thing by helping the rest of the Community by wearing a face covering, in my life it's simply '**Short Term Pain, for Long Term Gain**'.*

Thanks, Cecil.

"Please, remember this is a Comprehensive newsletter and not a brief read."

This newsletter normally contains what is happening within Men's Work in the next month, but due to COVID-19, there are no physical events currently. Until this challenging time comes to an end and we get back to the COVID normal we will be focusing on the 'Online' Men's Groups. With details of some of the Groups in Australia, England, and the US.

Thanks for your time in reading this special update, please visit [Cecil's Hub ~ Worldwide Men's Group Directory](#) and [Cecil's Hub ~ The Virtual Men's Gathering](#) and share it with your Networks and encourage all Men and Men's Groups to get involved. Thanks,

Cecil

Island of Men - Men's Sharing Circle



Brotherhood: United We Stand

When: August 5 2020 @ 7:30 pm – 9:30 pm

Where: Online

Cost: \$11.64

Contact: Mikey Lee

[Email](#)

[Event Website](#)

A monthly gathering and heart circle to connect with the **IOM Brotherhood**. A space to check-in, share, be heard and be held in a safe container.

Throughout the month of **August**, **Island Of Men** will be exploring the theme; Brotherhood: United We Stand.

[Zoom](#) link will be emailed to you upon registering for the event:

[Register](#)

Please arrive at **7.25 pm**. Entry will not be permitted after **7.30 pm**.

If anyone is struggling financially, please reach out to Adrian Selley to see how the **Island of Men** can support you.

[BRIEF AGENDA](#) for more information.

Kulin Open Group for Men



When: August 4, 2020 @ 6:45 pm – 9:30 pm

Where: Online

Cost: \$10.00

Contact: Demian Natakhan 0468309863

[Email](#)

[Event Website](#)

The ManKind Project helps men join together and create communities which foster peace, safety and accountability by unlocking the strength and power of healthy adult masculinity.

This group is open for all men to come along and take a fresh look at their own lives in a safe and confidential way with other men on their journey.

The purpose of this group is to create a safe AND challenging place for men to find support and solutions in becoming better fathers, son's, husbands, professionals, partners and men.

The processes followed are based on the format for Mankind Project 'iGroups' which are run around the world.

Requirements for attendance:

No prior experience necessary. No requirement to read any book beforehand.

No requirement to be initiated into any group.

[More information ...](#)

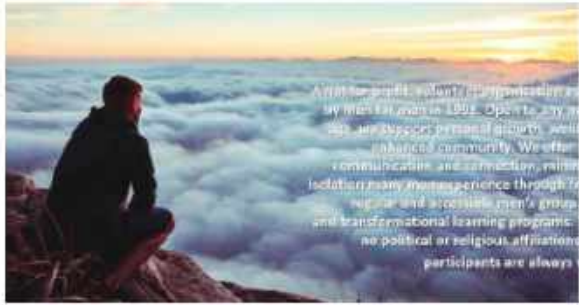


A not for profit, volunteer organisation established by men for men in 1998. Open to any man of any age, we support personal growth, well-being and enhanced community. We offer authentic communication and connection, minimising the isolation many men experience through free, open, weekly men's group meetings, mentoring and transformational learning programs. There are no political or religious affiliations and new participants are very welcome.

Melbourne Men's Group meetings are open to any man willing to participate. By attending meetings, you can:

- reduce isolation by developing authentic connections
- be listened to and genuinely heard
- feel safe sharing feelings and perspectives
- speak honestly, openly and confidentially without judgement.

To find out more just click on the relevant Group image.



Until 24 Nov

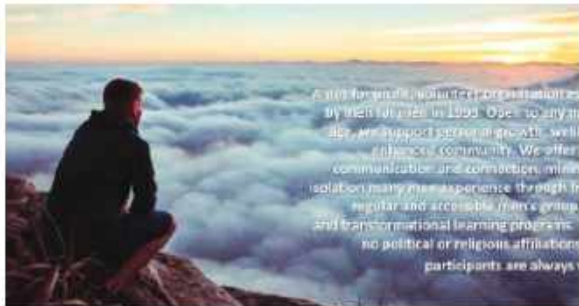
Eastern Chapter Meeting of Melbourne Men's Group Inc.

ONLINE VIA ZOOM UNTIL CORONA IS SORTED - SEE OUR MEETUP PAGE

Since 1998, Melbourne Men's Group meetings have been open to any man willing to participate. By attending meetings, you can:

> reduce isolation by developing a... More

JUN 23 Tue 19:30	JUL 28 Tue 19:30	+4
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Until 1 Dec

Central Chapter Meeting of Melbourne Men's Group Inc.

ONLINE VIA ZOOM UNTIL CORONA IS SORTED - SEE OUR MEETUP PAGE

Since 1998, Melbourne Men's Group meetings have been open to any man any age willing to participate. By attending meetings, you can:

> reduce isolation by deve... More

JUL 7 Tue 19:30	AUG 4 Tue 19:30	+4
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Until 8 Dec

Southern Chapter Meeting of Melbourne Men's Group Inc.

ONLINE VIA ZOOM UNTIL CORONA IS SORTED - SEE OUR MEETUP PAGE

Since 1998, Melbourne Men's Group meetings have been open to any man any age willing to participate. By attending meetings, you can:

> reduce isolation by deve... More

JUL 14 Tue 19:30	AUG 11 Tue 19:30	+4
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Until 17 Nov

Western Chapter Meeting of Melbourne Men's Group Inc.

ONLINE VIA ZOOM UNTIL CORONA IS SORTED - SEE OUR MEETUP PAGE

Since 1998, Melbourne Men's Group meetings have been open to any man any age willing to participate. By attending meetings, you can:

> reduce isolation by deve... More

JUL 21 Tue 19:30	AUG 18 Tue 19:30	+3
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[Read more ...](#)



MEN SUPPORTING MEN - More and more men are rediscovering joy, connection, and purpose in their lives through the simple practice of sitting in a circle and being real with other Men. To see what other Men have found in these groups, check out <http://www.completemen.org/mens-groups.html>

Complete Men have 4 Online Groups every week. Monday, Wednesday & Thursday evenings and Friday lunchtime. Using the Zoom app, we are able to have up to 16 men join a virtual Men's group for 90 minutes.

You will need access to a reliable internet connection. Most Men join from a private space at their home or work, while others find a private spot in or outside a favourite cafe or library with a solid wireless signal.

If you would like to try one of these groups to see what you could get from it, please contact Tim on [0422 508 533](tel:0422508533) or complete the inquiry form on this web page. We'll hook you up with the Zoom App and connect you to the group.

All Men are welcome and can register at <https://www.completemen.org/online-mens-group.html>

Menswellbeing ~ Common Ground



Our Open Men's Groups have moved online to become Online Open Men's Groups (OOMGs).

During these uncertain and challenging times, you can now jump online for the opportunity to connect with good Men, talk and listen in a healthy environment and perhaps ease some stress and anxiety.

To access the OOMGs simply click on the relevant link below. OOMGs are **open to any man**, no previous experience is necessary, no need to book in, no cost involved, just log in online at the allocated time! Newcomers are most welcome.

We have named the different OOMG meetings listed below by the geographical location of where the respective facilitators reside. However, with the wonders of being online, you can attend any and multiple "locations" that suit you.

Brisbane North

The **1st and 3rd Thursday** of every month; login from 6:45 PM (Qld time) to start at 7 PM. Join online at bit.ly/OOMGBN1

(This group was meeting at Chermside Library.)

Brisbane South

The **2nd and 4th Tuesday** of every month; login from 6:45 PM (Qld time) to start at 7 PM. Join online at bit.ly/OOMGBS1

(This group was meeting at Annerley Community Hall.)

Gold Coast

The **1st and 3rd Monday** of every month; login from 6:45 PM (Qld time) to start at 7 PM. Join online at bit.ly/OOMGGC1

(This group was meeting at Varsity Lakes Community Centre.)

Rural Men

The **1st** and **3rd Tuesday** of every month. Login from 6:45 PM (NSW & Vic time) to start at 7 PM. Join online at bit.ly/OOMGR1

Sunshine Coast

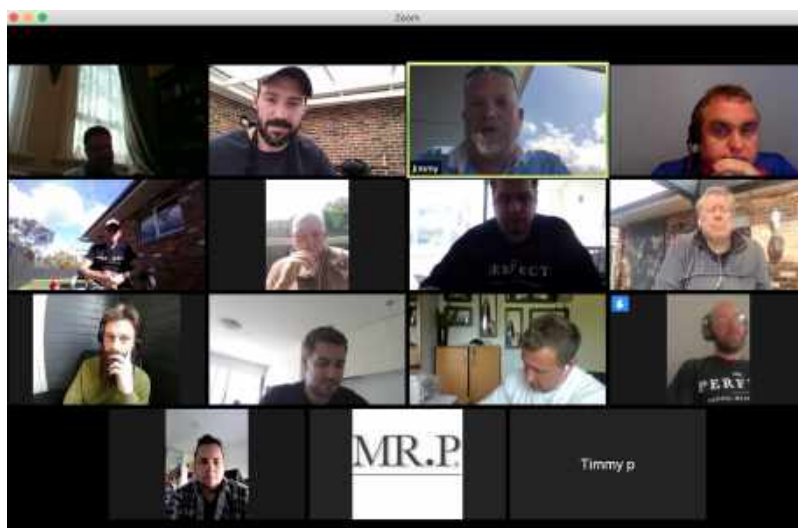
The **2nd** and **4th Thursday** of every month. Login from 6:45 PM (Qld time) to start at 7 PM. Join online at bit.ly/OOMGSC1

NOTE: Please be punctual as we close the meetings to maintain a safe environment for sharing and to avoid disruption from latecomers.

MR. PERFECT[®]

MENTAL HEALTH'S MATE

Free BBQ's now online



When: Every Sunday 12:30 pm

We will be here for our **Mr. Perfect "Online BBQ"** at 12:30 pm -1:30 pm today via Zoom.

Come chat or just listen in.

Click the link below to join in:

<https://lnkd.in/fs9YJ5V>

#mrperfect

#mentalhealth

#menshealth

These chats are not recorded or live-streamed



iGROUPS ONLINE

Face-to-face MKP Men' circles, or iGroups, have been suspended for the duration of the coronavirus health and safety restrictions. However, many groups are now meeting online, using the Zoom platform.

To join a meeting, find the group, click to open and identify the group coordinator, and phone or text him for group conditions and how to access their Zoom number.

[More information ...](#)

UK MenCheck-in

Mini-Men's Groups



MenCheck-in was launched in response to the Coronavirus pandemic. It is currently running online every weekday lunchtime by donation. This mini-men's group is a great space to share whatever's on your mind, release some pressure and connect with others.

Up to nine men per group, though we split into smaller groups led by different facilitators if numbers are high.

FREE Quickstart Guide for those who wish to start their own men's groups <https://mensgroups.co.uk/quick-start-guide/>

MenSpeak Men's Groups (London)



Daily Check-ins by Donation

Connection and Community during Coronavirus

Kenny and some of the more experienced MenSpeak facilitators are offering **daily lunchtime check-ins to keep men calm, connected, safe and sane in these turbulent times** of extreme vulnerability.

We share our thoughts and feelings, fears and pressures, whatever buttons are pressed and whatever comes up is welcome. We relieve pressure by speaking it out, listening and being heard. It's not a process party!

During these times of coronavirus isolation, MenSpeak Men's groups respect men's needs for connection – to help keep us sane, grounded and real.

This mini-men's group, facilitated by Kenny / MenFacilitate Graduates, is a non-clinical, confidential space to share, be heard, release some pressure, connect with others and get insights into daily life as we drop our 'nice guy', 'macho man' or whatever masks we've been wearing and get real.

Typically between 5-15 men per group, usually 20s-50s though it varies a lot and all ages are welcome and appreciated.

Please be on time and stay for the full hour. Doors open at 12.25 and close at 12.35.

"I felt anxious and spaced out beforehand, but almost immediately after the check-in round, I felt much calmer and more stable. I didn't realise how much I'd missed real sharing with good men. It felt like a luxury to be able to chat, hang out, laugh, talk about real issues and feel connected in such a disconnected and chaotic time. The groups are essential for me for maintaining my sanity and remembering what life is really about - friendship through thick and thin, and finding the humour in every situation." - Bertie, 27

Here are [instructions for joining online groups](#).

RSVP Here

Open Men's Group



Hosted by [The Mankind Project Central Iowa Community](#)

When: 3rd August and 7th September

Cost: FREE

Open Men's Group (online)– Des Moines Personal Mastery Workgroup.

Hosted by a diverse group of men from the Des Moines ManKind Project that care about you: Ian, Jim, David, Chris, Mark, and Pat.

First Monday of each month,

Monday, August 3, 2020, 6:30 PM to 8 PM CST

Monday, September 7, 2020, 6:30 PM to 8 PM CST

Men that care about you are holding an Open Men's Group from 6:30 until 8:00 pm on the first Monday of each month in Des Moines currently via virtual meeting space on Zoom.

Why Personal Mastery?

[Read more ...](#)



Men's Leadership ALLIANCE

The Men's Leadership Alliance is committed to helping men achieve greatness in their lives. In a circle of trust, courage, and power, we challenge men to live fully in their maturity, with the support of their brothers.

We help men meet the demands of their lives by aiding men in defining a healthy masculine self. This redefinition of masculinity cultivates generativity and compassionate strength so men can impact their families, workplaces and communities in positive ways.

Join the thousands of men who have said yes to meet the demands of their life by living it a different way. Our experience informs us, and through it we know a man's life is so much the richer when reflected in other men he can call his brothers.

If you're ready to own your strengths as a man, husband, father, and son come join us for one of our upcoming programs in-person or online.

We look forward to being in circle with you soon.

Racism, Masks & Manhood **A Radical Soul Care Exploration in Two Parts**

When: August 5th & 19th 2020

Where: Online 10:00 am – 12:00 pm US Mountain Time

Men Ages 18+

Session One – Inner Work – August 5th

What you are, the world is. Without your transformation, there can be no transformation of the world.

~ J. Krishnamurti

Most of us have been appalled by the latest expressions of racism exposed in policing and embedded deeply in our culture. Will this be a time of real change and

much-needed transformation or of a return to the status quo of systemic racism after superficial attempts at being politically correct?

Are you among the men who are ready and willing to be part of the long-overdue healing process? Are you willing to use this time as an opportunity to explore how racism lives in you both personally and social/politically?

[More information ...](#)

Peer Enrichment Circles

*Safe, Guided, Inclusive Conversation & Collective Wisdom Circle
is the Guided Experience and Quiet Generosity of Witness*

“If you could pick a topic, personal to you, to discuss in a group...what would it be?”

Peer Enrichment Circles (PEC) are open groups – meaning you are welcome one time or every time. No need to register ahead of time, just show up when you are ready and willing.

These PECs is a guided dynamic emergence of collective wisdom. Come join in this circle to give and receive support and blessings. This is a safe container of people gathering to support mental, physical, emotional and relational health in themselves and others through guided collective wisdom (...a holistic-minded circle), guided by Teddy Churchill, MLA Holistic Leader.

Contact: Teddy Churchill for more information: 970-618-3376

Email:

From <https://www.mensleadershipalliance.org/us/>

[More information ...](#)



Men with Spirit Gatherings ~ already started, please contact the facilitator.

Date: 20th July for eight consecutive weeks

Where: Spirited New Beginnings Healing Hub, 52 Kars St, Frankston. 3199

Cost: \$120 (\$15 per gathering),

Contact: Peter Anthony, 0419 440 665

[Email](#)

[Event website](#)

Men with Spirit ... Who are you, really?

On Monday 20 July, the pilot program of the Men with Spirit gatherings for the south of Melbourne will commence at the Spirited New Beginnings Healing Hub, 52 Kars St, Frankston. These group gatherings are aimed at men of any age who are looking to better understand who they really are and, in the process, to be exposed to experiences and knowledge that can help them further grow and become more loving.

If this sounds like you, then this will be a safe place where you can confidentially share, and be supported in your growth, by other men, without judgement.

These gatherings will be on Monday evenings for 8 consecutive weeks, from 7.00 pm for about 2 hours, starting on 20 July 2020. The number of those who can attend will be limited to a small group, to ensure you have time to share and be heard.

The gatherings will be facilitated by Peter Anthony and Steve Angel, who between them, have a wealth of counselling, coaching, and healing knowledge and experience to share with you. As they aim to practice what they preach, so to speak,

these gatherings will be very much guided by a values-based Code of Behaviour.

Read more ...

[Book Now](#)



Already started, please contact the facilitator.

Rise Of The Masculine and Freedom To Be ... 6-week online group breathwork immersion

Date: ROTM 10th July & FTB 11th July for six consecutive weeks

Where: Online

Cost: ROTM \$450 NZD & FTB \$500 NZD

Contact: Steven J Todd

[Email](#)

[Event website](#)

Rise Of The Masculine is specifically for Men and **Freedom To Be** is for Men and Women. These immersions are strictly limited to just 6 people each and because it's a group it also makes it easier financially for you. We will be meeting online weekly for breathwork sessions and sharing circles as we let go of the old and bring in the new. These immersions will be based around...

- Building community
- Clearing out old limiting beliefs
- Getting in touch with your values
- Coming into alignment with your purpose

They include

- Weekly meet-ups to share and breathe together
- 1 x Private 1hr coaching session with me
- Highly interactive private Facebook group
- Comfort zone challenges

and much more ... [ROTM](#) ... and [FTB](#) ...

Regular Content

Cecil's Men's Hub Men's Groups Worldwide Directory



Did you know that my [Cecil's Men's Hub ~ Men's Groups Worldwide Directory](#) is ready and available, please visit to see how this platform can help change Men's lives and connect them to Men's Groups on a regular basis.

The Directory (**over 400 Men's Groups already**) will initially cover **Australia** with Groups from **London, UK, Ireland, Canada, Singapore, North America** and now **Austria**

* Some of the Groups are under a '**Claims Listing**', this will enable existing Men's Groups that find their Group to 'Claim' it as their own as a '**FREE**' Basic Group or upgrade to a 'Paid' Plan & gain extra benefits/features.

What's Available?

The Directory will allow Men to search for their nearest Men's Group to their location **FREE** of charge!

It will enable any existing **Men's Groups Worldwide** to register a **FREE** to join and get a '**Basic**' listing, they get listed in seconds, this will give them a low priority '**GoogleMaps @ Pin**' search result, and this will be under 1 particular Association.

Some Men when searching for a **Men's Group**, have heard of a particular **Men's Group** type or Association. It's for this reason that I have created Categories for each of the common ones to be used in the Search Bar, this will 'Auto-Fill' as the user types.

Currently, there are **13 Associations** that each **Men's Group** can be listed under, depending on their style of facilitation/origin that they follow.

These include:-

- **Australian Men's Shed Association**
- **Complete Men**
- **Canadian Men's Shed Association**
- **Individual Group**
- **Mankind Project (MKP) - Australia/UK/Canada**
- **Men's Wellbeing ~ Common Ground Trained**
- **Men's Group Online**
- **Melbourne Men's Groups**
- **Menergy Men's Group Network**
- **MensSpeak Men's Groups (UK)**
- **Men's Team**
- **OM:NI (Older Men: New Ideas)**
- **The Male Journey Ltd**
- **UK/Ireland Men's Shed Association**

Please read the full version of the launch document [here](#).

MR.
P E R F E C T®

MENTAL HEALTH'S MATE

Free BBQ's at various locations by Mr Perfect

ACT

- [Barton, Canberra](#)
- [Gungahlin, Canberra](#)

NSW

- [Bathurst *](#)
- [Castle Hill *](#)
- [Central Coast](#)
- [Coogee Beach](#)
- [Cronulla, Sydney](#)
- [Maitland, Hunter Region](#)
- [Manly](#)
- [Newcastle](#)
- [Newtown, Inner West Sydney](#)
- [Narellan, Western Sydney](#)
- [Parramatta, Western Sydney, NSW](#)
- [Surry Hills, Central Sydney](#)
- [Taree](#)
- [Windsor, NW Sydney](#)
- [Wollstonecraft Sydney](#)

QLD

- [Burleigh Heads, Gold Coast](#)
- [Caboolture, Sunshine Coast](#)
- [New Farm, Brisbane](#)
- [Paddington, Brisbane City](#)
- [Townsville](#)

TAS

- [Ulverstone](#)

VIC

- [Benalla, Victoria](#)
- [Echuca, Vic](#)
- [Ferntree Gully](#)

WA

- [South Perth, WA](#)

Mr Perfect holds **FREE** weekly “Meetup” BBQs in various locations across Australia.

They normally run from **10:30 - 12:30**, please check the individual BBQ for exact

details.

If you are free for a couple of hours for a healthy BBQ (Meat and Vegetarian) come along and meet a bunch of top guys.

We will supply soft drink and water, but please bring your own preference if you wish.

The format is simple, informal and completely inclusive. It is a chance to get out of the house in the sun, socialise and meet some great people and form a supportive community.

Friends, family and pets welcome too!

Mental health is discussed at times and is purely optional.

Please contact Mr Perfect on **0406 641984** or [Email](#) or [Website](#)

A Bad Weather Back-Up Location is Always Shown

Yearly Men's Gatherings

What is a Men's Gathering?

A Men's Gathering is where you can connect with other Men, from all backgrounds, religions, political and sexual persuasions. These gatherings offer a safe, non-judgmental, supportive space where men can explore the connections, modalities, challenges and exercises that facilitate real and lasting change. They all offer high-quality workshops from varied Modalities, that you are free to take part in as many or few as you wish.

This is your time, to use as you wish but hey, why not take advantage of the experience?

There are currently **13 Yearly Men's Gatherings** as part of Open Ground training per year in Australia, plus others that are not part of the Common Ground training, and one in New Zealand.

January



The **Sydney Men's Festival** is a chance to talk, relax, participate in and run workshops with other men.

The Festival is an annual event held at the end of January each year on the second last full week of the school holidays.

The Festival is open to all men regardless of colour, creed, religion, sexuality, profession or employment status.

Affinity Groups

At the previous festivals, we have formed small groups to provide support and companionship. These affinity groups have provided a focus for each of us to share our experiences throughout the Festival. The groups take turns in preparing meals, washing-up and cleaning.

Workshops

Anyone at the Festival can present a workshop. In previous years, workshops have explored such issues as men's health, love, fear, shame and guilt, spirituality, anger, wild man, meditation, community, initiation, parenting, touch, sexuality and sensuality, wrestling, singing, massage.

Food

The first meal of the festival will be served at dinnertime on Sunday. For cost and health, meals are mainly vegetarian, sometimes with meat options, and are organised by the affinity groups with the help of the food coordinator. You are welcome to make arrangements if you have a special diet.

Activities

The camp is in bushland overlooking the Georges River, so there is plenty of opportunity for swimming and bushwalks. A cabaret is normally held on Saturday night.

Accommodation

Only a limited number of bunks with the mattress are available in dormitories or cabins, so please bring your own sheets and pillow. Also as a backup, please bring a tent, sleeping bag, pillow and mattress.

Child Care

The Sydney Men's Festival welcomes children (boys all ages and girls under 7). Fathers are responsible for the wellbeing and behaviour of their children. A father's group is encouraged to meet once a day to discuss and coordinate children's issues and activities.

[Read more ...](#)

March



Four per year, March, July and November, December

Island of Men (IOM) is a 1-day event dedicated to helping men find a deeper connection with self, community and nature. We are excited to announce that this event will be unlike any island before. We have an incredible new location, new facilitators and a brand new program.

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IOM is a unique experience that provides something different for each individual.

For some men, it is a welcome reprieve from the pressures of life, a lifting of the weight of expectation that has been placed on them by work, family and society.

For others, it is a place to realise and release limiting stories, unhealthy relationships & behaviours that no longer serve.

The IOM experience can be somewhat difficult to describe, so rather than trying to hammer a point home, have a read of what past attendees have said about their Island experience.

"What a day! A fantastic experience to be surrounded by so many amazing hu-men. The workshops were great, the love felt by all, the power of the Sacred Heart circle. This is a much-needed facility in a time where I, as a man, realise it's on me to create the change I want for myself and my surroundings. And to spread that change to all men around me. A powerful tool to claim back our masculinity."

"What an amazing day. Very full and heavy heart by the end, in a very good way!"

"Truly powerful and inspirational work behind the guys that brought this beautiful space together. What an Honour it was to be apart of this event !! An absolute must for Men - Please do more."

"A great day organised by great people, I went in hungover and came out inspired!"

What to bring:

- We ask that each man bring a plate or dish of food which will be shared by all the men in attendance for lunch.
- Plenty of water
- Appropriate clothing
- Grab yourself a ticket - and if you want to do something nice for a man, friend or family member, if you want to strengthen a bond you have with the best mate or a brother, bring them along. You'll both be thankful for it.

(From IOM <https://islandofmen.site123.me/>)



We have been crafting our three-day gatherings for 21 years. We create a mixture, of drama, experience, workshops, small group work, laughter, fun and friendship, to help you make the next step in your journey.

Why? It benefits you, your family, friends and workmates. It's a rare opportunity, make the decision,

(From <https://tasmen.org.au/tasmanian-mens-gathering/>)

April



Island of Men ~ Hobart

Once per year, April.

Island of Men (IOM) is a 1-day event dedicated to helping men find a deeper connection with Self, Community and Nature.

We are excited to announce our upcoming event, '**IOM - This is Me**' will be occurring on December the 7th at Cataract Scout Park.

IOM is a unique experience that provides something different for each individual.

See the above **IOM ~ Melbourne** for more details...

There will be updates and instructions on the IOM Facebook page (facebook.com/islandofmen) leading up to the event so make sure you like the page to ensure you are receiving updates.

Looking forward to seeing you at '**Island of Men - This is Me**'

(From IOM <https://islandofmen.site123.me/>)



Island of Men ~ Sydney

Two per year, April and December

Island of Men (IOM) is a 1-day event dedicated to helping men find a deeper connection with Self, Community and Nature.

We are excited to announce our upcoming event, '**IOM - This is Me**' will be occurring on December the 7th at Cataract Scout Park.

IOM is a unique experience that provides something different for each individual.

See the above **IOM ~ Melbourne** for more details...

There will be updates and instructions on the IOM Facebook page (facebook.com/islandofmen) leading up to the event so make sure you like the page to ensure you are receiving updates.

Looking forward to seeing you at 'Island of Men - This is Me'

(From IOM <https://islandofmen.site123.me/>)

May



Manshine 2020 is 'Heart Fire'

Are you living life with aliveness and passion that allows you to support yourself, your family and your wider community?

Having 'Heart Fire' is to live a courageous and purposeful life true to yourself.

The workshops at Manshine will support you in this. Wherever you are in your life, we invite you to stoke your fire, tend your flame and shine your greatest light on the world.

At Men's Wellbeing, we pride ourselves on supporting men through whatever they are going through, whether they are flourishing and looking to enrich their lives or they have hit a crisis and are reaching out for help. You will find men from many different backgrounds and experiences all coming together for the long weekend in May to help support one another along the journey.

[Read more ...](#)



EveryMan Men's Gathering

Twice per year, May and November

When: See dates and times in specific months events

Where: Camp Eureka 100 Tarrango Rd Yarra Junction, Vic 3797 Australia

“Everyman” this successful event is on again at Camp Eureka.

Join us over three days to reconnect with yourself, others and nature.

The intention for Everyman Gatherings is to co-create a space where men, having the desire to share themselves deeply and authentically, can connect, support and challenge one another towards greater self-empowerment, intention, self-awareness and self-responsibility, whilst nurturing deeper respect and connection to nature and each other.

This will be the 4th Everyman Event in the Yarra Valley. Those who've attended previous gatherings know what a great opportunity these events are to meet and enjoy the company of other blokes who are up for being real, dropping the bravado and experiencing the gift of each other's presence.

What you can expect on this weekend is plenty of laughs, some great workshops (anyone is free to offer a workshop), music, heart sharing, new perspectives, plenty of time to relax and reflect without the distraction of technology. This is an opportunity to concentrate on yourself, as a man, without fear of judgement.

Everyman is:

- Drug and alcohol-free
- Non-religious
- Welcoming of all:
 - Religion
 - Races
 - Gender identification
 - Culture
- Open to men 18 + (not suitable for children)
- Everyman is run under the auspices of Men's Wellbeing Inc.

The official start time is 6 pm but the camp will be open from 3 pm if you wish to arrive earlier.

June**Sydney National Men's Gathering*****'Un-Becoming'***

From birth, most of us are moulded and groomed to be as others want us to be. We are groomed by parents, grandparents, siblings, teachers, principals, priests, partners and others. They want us to be successful, clever, safe and to honour those

who invest in us, setting up our energetic debt (this support sometimes manifesting as 'abuse'). (From <https://nswmen.org.au/mens-gathering>)

August



Get more out of life

Whether your life is working well or you have some things to sort out, you will find that attending an Essentially Men workshop will provide you with powerful resources for your journey of personal discovery and growth.

Renewal, change, understanding...freedom

Thousands of men from all over New Zealand and all walks of life have found this outstanding programme a powerful catalyst for renewal and change.

So will you. You will build trust and feel safe. You will get a deeper understanding of yourself and will leave with the freedom to be the authentic you. These are not just talking workshops – they are potent experiences that will wake you up, give you skills, and change your life.

Men Being Real – Deep healing and inner authority

When men come together in a group with the agreement to take a journey deeper into themselves it becomes safe to let down our guards. We can drop beneath the surface of feelings in a way not normally allowed for men. We can attend to the healing of memories to do with fathers, mothers and others, which affect the way we relate in our present lives. We can understand the roots of anger and depression

and connect with our inner authority.
(from <http://www.essentiallymen.net/>)

October



Menergy

Menergy is the Victorian arm of a national not-for-profit organisation Men's Wellbeing that has been providing men's events and men's support groups for over 20 years.

Menergy is an all-inclusive 3 day Men's Gathering wilderness retreat that provides workshops and ritual around celebrating masculinity and helps men discover more of themselves in a nurturing, supported and trusted way. The detailed program we run has been developed for over 15 years and has seen thousands of men grow and learn through this process.

At the heart of a Menergy weekend is the opportunity to attend and partake in many of the myriads of workshops that are focused on Men's health and wellbeing. These workshops help men to be empowered in our masculinity through vulnerability, support, and a greater understanding of trusting ourselves and our unique gifts as men. (from Menergy.org.au)



Man Alive

MAN ALIVE men's gathering is a weekend away just for men - all men. Away from work, family and social commitments you can spend your time being instead of doing. MAN ALIVE open to all men from any background, religious, political or sexual persuasion. We encourage men to be real with themselves and others in a supportive and non-judgemental environment.

You can expect a warm welcome and plentiful conversation and laughter, with many opportunities to get to know yourself and others in a strongly grounded space of respect, growth and trust. We run our gatherings based on the concept of Open Space - where you can offer to host a session, ask for a specific session to be run, or participate where you are called to. This gives us the chance to co-create an agenda for the weekend that suits where we are all at. We also have components of ceremony and home groups, which support us to connect as a whole community and make sense of what we are learning together.

MAN ALIVE is all about choice. You choose what you want to do - be it hosting or attending a session, relaxing, taking quiet time for personal reflection or spending time making new friends. It's totally up to you.

(from <https://manalivenet.weebly.com/>)

November



Manhood

Manhood Men's Gathering is a not-for-profit men's community event with facilitated workshops, groups, activities and social time. The theme this year is Explore Healthy Masculinity – where each man is invited to define for himself what it means to be a better man in today's world.

The culture is open, accepting, warm and non-judgemental. Every man is welcome and can expect to learn and share equally. Come along and share your story and listen to the stories of other men. Deep respect is asked and given.

The gathering is held at beautiful Camp Bornhoffen, Numinbah Valley in the McPherson Ranges of the Gold Coast Hinterland. Retreat to mountain country, fresh air, a mountain stream with a waterfall, bonfires and spectacular views.

(from ManHood.org.au)



Southern Men's Gathering

The Opportunity

The Southern Men's Gathering, November 8 to 10 2019, is a Men's only event created to improve the emotional wellbeing of men.

The theme for our very first gathering is “**Share the Journey**” and as such, participants will share a beautiful weekend of connection, openness, authenticity, depth, support, respect and trust as they experience a range of different exercises and activities designed to allow them to explore their self-concept.

This event will run counter to the often narrow and repressive culture of traditional masculinity, where superficial conversation, competitiveness, disconnection and suppression of emotion tend to rule. Instead, you will connect deeply with other men, form support networks and community, and you will have the opportunity to develop your emotional literacy.

What ‘Share the Journey’ can offer you is the opportunity – to recharge in nature, to

connect with like-minded men, to sit in a space of stillness and safety, and to have some fun.

We invite you to join us in exploring your own unique expression of positive masculinity.

We hope to see you there?

The Southern Men's Group is a voluntary organisation where men meet regularly to support one another to develop a healthy expression of their masculinity in the Fleurieu community.

SMG, in association with Tasmen and Henley Beach Mankind Project South Australia is now launching an annual gathering, the first of which is a 2-day residential experience in the heart of the beautiful Fleurieu Peninsula.

[Read More ...](#)



West Australian Men's Gathering

In 2019 we celebrate the 25th anniversary of the West Australian Men's Gathering. The WAMG is the longest-running gathering of its kind in Australia.

Our theme this year is 'Contemporary Man'. Together we will explore authenticity, respect, sexuality and what this means to us as contemporary men.

This year we will have three price points. We have decided to introduce a 'double' ticket in addition to the Earlybird and standard single tickets. We would like to encourage men to bring along another man important to them. It could be anyone from a father to the best mate to a curious colleague. All men are welcome and we look forward to seeing you there.

The ticket price includes accommodation, all meals, activities and lots of good men to get talking to. Presenters will be announced in due course. We intend to email all participants regarding event times and details and other important information approximately two weeks prior to the event.

(from <https://www.wamensgathering.org.au>)

December



Island of Men ~ Sydney

Two per year, April and December

See April Details...

E&OA



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