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**Edition 30**

## ***What's Happening in Men's Work in December***

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.

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

It includes what is happening within Men's Work in the next month, but also regular events and brief details of every Men's Gathering for the whole year. There are extra details to be found via the links in every event.

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*Another month has gone quickly by, with major improvements in Melbourne and Victoria's progress towards getting back to a **COVID** normal. Restrictions have been eased so much, today 28th November on the back of **29 '00 Doughnut days'**, of **zero** new infections and **zero** deaths.*

*Melbourne is on progress to get to a better Xmas than many of us have hoped for after going through a very challenging 2020.*

***My Core Values are:***

- ***Purpose***
- ***Steady***

- **Growth**

***“My Purpose is to connect with 10 Million Men, to make a difference in their Healths and Lives. To help them integrate, embody and educate, and raise the overall awareness of Men's Mental and emotional health.”***

*Thanks, Cecil*

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## **Month Specific Events ...**



**When:** December 1, 2020 @ 19:30 – 21:30 Australia/Melbourne Timezone

**Where:** Split either Online or in-person, Brock Reserve, 6 Montrose Pl, Beaumont SA 5066

**Cost:** \$250.00 for a 5 Week Men's Program.

**Contact:** Ben Butfield

### **Book Now**

- Are you struggling to understand yourself as a man?
- Are you dissatisfied with your experience of the culture of men?
- Do you lack a sense of community, connection and purpose in your life?

This **5-week** program will be both an individual and group journey into masculinity designed to explore these questions and more.

**Objectives for the program include:**

- Develop a healthy expression of your masculinity
- Enhance your capacity for emotional literacy
- Improve your self-awareness
- Identify your personal strengths
- Consider or refine your sense of purpose
- Build a community of men with a deep sense of connection.
- Exploring Masculinities is suitable for any man 18 and over.

The course will run as a mix of in-person meetings and online discussion groups.

All meetings will run on Tuesdays from 7 pm to 9 pm on the following dates:

Week 1 – Nov 3 – Brock Reserve, Beaumont

Week 2 – Nov 10 – Online Zoom

Week 3 – Nov 17 – Brock Reserve, Beaumont

Week 4 – Nov 24 – Online Zoom

Week 5 – Dec 1 – Brock Reserve, Beaumont

[Read more ...](#)

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## Primal Man Project – The Path

**When** December 2, 2020 @ 20:30 – 22:00 Australia/Melbourne Timezone

**Where:** Online

**Cost:** \$987 Join us over 6 powerful weeks!

**Contact:** Primal Man Project

**Email:**

[Book Now](#) :

Go deeper than the productivity hacks to create a more peaceful, powerful, and purposeful life through this immersive online experience.

Lacking direction? Distracted? Never have enough time? Procrastinating?

As men we're born to strive and create; to contribute and be part of something greater than ourselves. We've lost that belonging, the purpose that drove our ancestors to survive and thrive.

We have the opportunity to create our own purpose, a future of our design and a life that's only limited by our imagination. In this digital world of unlimited possibilities, we get to create our future, now.

What you'll get from this transformational experience:

- More energy and focus, driven by a crystal-clear vision for your future
- Clarity and ease in your decisions, guided by your true intrinsic values
- Deeper presence and connection in your relationships through proven practices
- Abundant drive to achieve your ambitious goals, driven by your true purpose
- Peaceful flow created by the daily practices that will transform your life

This immersive online program is delivered via:

[More information ...](#)



# MEAT to Mate | Cook the Perfect Steak with a Mate

**WHEN:** December 3, 2020 @ 19:30 – 20:30 Australia/Melbourne Timezone

**WHERE:** Online

**COST:** \$40

**CONTACT:** 100Words Mate to Mate

[Email:](#)

[Event website:](#)

Join the 100words mate to mate team, Turts and Josh from Glenferrie Gourmet Meats and cook the best 400gm porterhouse steak at home.

It is time to reconnect, given restrictions have lifted, this is a great opportunity to invite a mate over cook together and ask them how their day has been out of 10.

Learn preparation and cooking tips with the best butcher in the business.

## ***What's it all about?***

For **\$40** you get.....

- **400g Porterhouse Steak**
- **Baked potato**
- **Mushrooms**
- **Corn**
- **4 Chicken Wing Entree**
- **Mustard**
- **Seasoning**
- **Sour Cream**
- **Your Exclusive 100Words mate to mate bag**

***“YOU CAN ALSO ORDER YOUR OWN 100WORDS MATE TO MATE APRON FOR AN ADDITIONAL \$20.”***

Josh the butcher and Turts will host the webinar on the night.

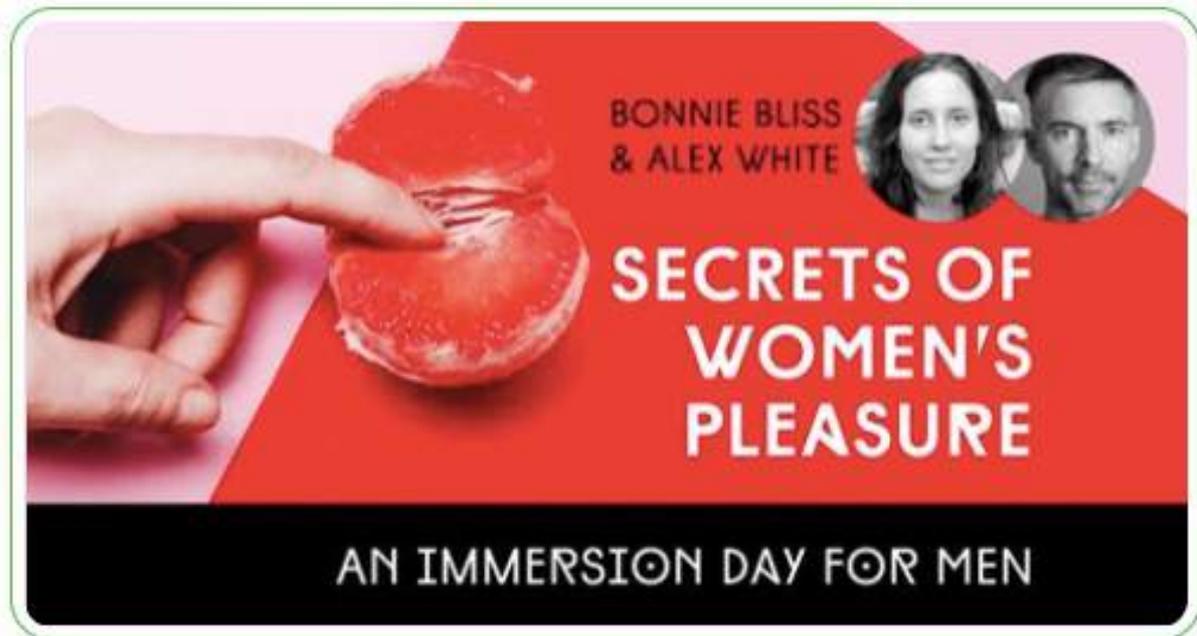
## **FOOD PICKUP LOCATIONS AVAILABLE AT:**

**Vermont South Gourmet Meats 5/495 Burwood Hwy, Vermont South:  
Collect 2nd December 9:30 am – 5:30 pm**

**Surrey Hills: 44 Broughton Rd: Collect 3rd December 4:30pm – 5:30pm**

Glenferrie Gourmet Meats: 720 Glenferrie Rd, Hawthorn:  
Collect 2 December 9:30 am – 5:30 pm

[More information ...](#)



**WHEN:** December 5, 2020 @ 09:00 – 16:30

**WHERE:** Second Story Studios, 222 Johnston St, Collingwood VIC 3066

**COST:** \$247

**CONTACT:** Bonnie Bliss

[Email:](#)

[Event website:](#)

@**Bonnie Bliss** and I are presenting an interactive day for Men to deep dive into how to pleasure a woman... and believe me **BONNIE KNOWS** having guided 1000's of women through her internal massage sessions.

I'll be there to add a man's perspective and offer cock owners some tips to experiencing our own pleasure.

Join in! It's a full day with live models, advanced training and you'll leave with the confidence to practice straight away.



## **Men Talking About Feelings. Agw (All Genders Welcome)**

**WHEN:** December 8, 2020 @ 18:30 – 22:30 (Every fortnight)

**WHERE:** The Good Brew Company, 54 Hope St, Brunswick VIC 3056

**CONTACT:** Dean O'Callaghan and Men talking about Feelings

BYO pizza ingredients. crafty beers, cocktail makings, table tennis bats.. or just yourself a pizza, kombucha and table tennis provided.

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Traditional Wooden Longbow Making near the Otways

December 12 @ 10:00 am – December 13 @ 5:00 pm | \$325 - \$395

## Traditional Wooden Longbow Making near the Otways

**WHEN:** December 12, 2020 @ 10:00 – December 13, 2020 @ 17:00

**WHERE:** Barwon Downs VIC 3243

**COST:** \$325 - \$395

**CONTACT:** Lars Richter +61402322200

[Email](#)

[Event website](#)

### About the Course

You will come away from the workshop with the knowledge and skills to make your own longbow. You will learn how to make a bowstring that perfectly complements your own bow and understand the art of tillering, the process of carefully removing wood to cause the bows to bend in optimal arcs.

Students will learn how to tiller their bows to precise measurements of draw length and draw weight depending on the archer. After the bow is functionally finished, it comes time to bring the bows to an aesthetically pleasing finish with fine sanding and oiling.

During the second day afternoon, the bows are ready for students to take to the shooting range to learn how to shoot. You will get your introduction to the instinctive

shooting method. A powerful tool you can also utilise in many daily life situations.

This workshop offers much more than making a longbow. It shows you ways to reconnect, to ground with the Earth, to get in touch with your true self by exploring the art of making a longbow and learning the skills to use it; to play with your conscious awareness to allow essential aspects of your being to be/unfold/shine or hide.

Please read the Narrative Yoga Privacy Policy and Terms & Conditions before booking for this course. Camping is not available for every workshop. Please ask for more information.

## What to Bring

[More information ...](#)



## Primal Man Project – Men's Circle

**WHEN:** December 12, 2020 @ 17:30 – 21:30

**WHERE:** Pullenvale QLD 4069

**COST:** \$27 contribution includes BBQ dinner

**CONTACT:** Primal Man Project

[Event website](#)

There was a time when we spent much of their lives shared around a fire. Men shared their journey's with other men who understood and supported them.

Here we recreate that space for you as a man to share at a level you're comfortable with. To give you an opportunity to connect with a group of men, a tribe to support

and share your journey with.

If you're feeling isolated, wanting to get things off your chest or you're looking to make connections and gather the wisdom and experience of good men to support you, join us in the Men's Circle.

Arrive at 5 pm for a 5.30 start

**PLEASE PAY YOUR CONTRIBUTION VIA THE FACEBOOK PAGE**

**\$27 contribution includes BBQ dinner**

RSVP to receive a street address

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## **Embodiment for Men**

**WHEN:** December 14, 2020 @ 19:45 – 21:15

**WHERE:** We Move Studio, 3/43 Stuart St, Mullumbimby NSW 2482

**COST:** \$25.00 + BF

**CONTACT:** Authentic Men's Business - Seth Lawrence

[Event website](#)

This workshop is for Men who would like to get more into their bodies and out of their heads, feel their full power and life force not just as an idea but as an embodied experience.

If you have ever been told you spend too much time in your head or that your romantic partner can't feel you if you want to feel more comfortable in your own

body, and or you're feeling some shutdown or numbness (I'm sure a lot of us are with all this craziness happening in the world right now) then I invite you to join us.

**At this workshop you will:**

- **Learn about what embodiment is and why its important for Men**
- **Learn the 3 keys to embodiment and be guided on our to use them correctly.**
- **Learn why we can resit feeling emotions**
- **Experience a deeply healing guided movement Meditation.**
- **Experience a simple and effective way to shift your emotional state and also**
- **Discover ways to unlock your blocked life force so you can show up with more energy.**

**The Workshop is Open to 12 Men Only**

**TICKETS:** \$25 + BF online tickets or \$35 cash on the night if available

Tickets are non-refundable, they are transferrable to another man (sold or gifted), for the same event and date.

[More information ...](#)

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## **Regular Online Events ...**



### **Island of Men - Men's Sharing Circle**

'Serving Men, Serving The World'

**WHEN:** Wednesday 2nd December 19:30 - 21:30

**WHERE:** Online

**COST:** FREE

[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 November, Island Of Men will be exploring the theme; The Creator: Finding Your Genius

Tickets are **FREE** but you still need to reserve your spot:

[Book Now](#)

**Zoom** link will be emailed to you 30 minutes before the event commences.

Please arrive at 7.30 pm. Entry will not be permitted after 7.35 pm.

[BRIEF AGENDA](#) for more information.



## **Men Talking About Feelings. Agw (All Genders Welcome)**

**WHEN:** December 8, 2020 @ 18:30 – 22:30 (Every fortnight)

**WHERE:** The Good Brew Company, 54 Hope St, Brunswick VIC 3056

**CONTACT:** Dean O'Callaghan and Men talking about Feelings

**COST:** FREE

BYO pizza ingredients. crafty beers, cocktail makings, table tennis bats.. or just yourself a pizza, kombucha and table tennis provided.

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# MEN'S GROUP ONLINE

**WHEN: 15 Per Month**

**WHERE: Online**

**COST: 2 Weeks Free**

Men's Group Online ( <https://mensgrouponline.com.au/> ) is a social enterprise which supports an online membership community (tribe) of men.

It's a safe, non-judgemental space for you to connect, share and find support. As a member, you will meet via Zoom online video in small groups (max 12 men). There are about **15x Men's Groups run every month online**, each hosted by an experienced MGO facilitator.

## **Current Men's Group Online Schedule:**

- Every Sunday 5:00 pm (GMT +10:00) Brisbane Time

### ***Welcome to MGO – Induction Session – 60 Mins***

- Every Sunday 6:45 pm (GMT +10:00) Brisbane Time

### ***Men's Group Online (MGO) Session – 120 Mins***

- Every Tuesday 6:45 pm (GMT +10:00) Brisbane Time

### ***Men's Group Online (MGO) Session – 120 Mins***

- Every Thursday 1:15 pm (GMT +10:00) Brisbane Time

### ***Men's Group Online (MGO) Session – 120 Mins***

*NOTE: Times subject to change without notice – please visit <https://mensgrouponline.com.au> and log in for the latest MGO Schedule*

You can access these Men's Groups Online from the comfort and privacy of your own home or office (or anywhere you have internet access).

It's like a gym membership for your emotional wellbeing. There are multiple Men's

Group Online sessions scheduled each week. You simply book into which Men's Group Online (MGO) sessions you want to attend.

## Membership Investment



- **FREE Introductory Offer**
  - **14-Day FREE Trial** – join for FREE and try it out for a couple of weeks to see if it's 'right' for you?
- Then after your 14-Day **FREE** Trial ...
  - \$47 / month    Unlimited MGO's
  - \$470 pa        Unlimited MGO's (SAVE 20%)

During your MGO session, you'll be able to share and be heard in a safe, non-judgemental and supported space. We are here to help you every step of the way, so you feel safe, valued and welcome in this community of online support.

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## Kulin Open Group for Men

**WHEN:** Tuesday, 8th December 2020 from 18:45 - 21:30

**WHERE:** Online

**COST:** FREE

**CONTACT:** Demian Natakhan 0468309863

[Zoom:](#)

[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.

**Men ...** To those who have been recently invited by a friend...

Are you **INTERESTED** in finding out if a group of men could **SUPPORT** and **ENHANCE** your life by **MODELLING** Mature **MASCULINE** qualities?

We meet tonight at 6.50 pm tonight and fortnightly, on Zoom.

To participate, simply be ready to take a real look at yourself and your life.

Be in a private space, dedicate 2.5 hours to the process and dive in.

All men welcome.

No payment required. It's a peer-led group with no overheads to recoup.

## [More information ...](#)

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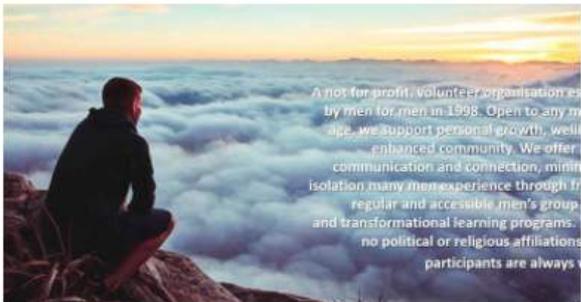
A not for profit, volunteer organisation established by men for men in 1998. Open to any man of any age, we support personal growth, well-being and enhanced community. We offer authentic communication and connection, minimising the

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

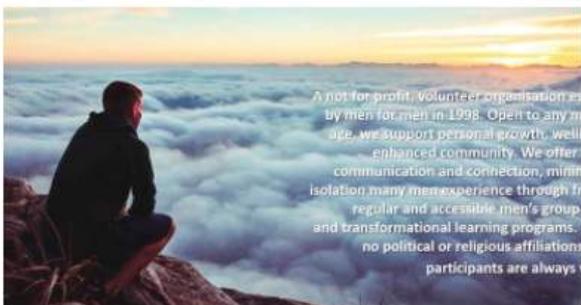
### Eastern Chapter Meeting of Melbourne Men's Group Inc.

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

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Until 1 Dec

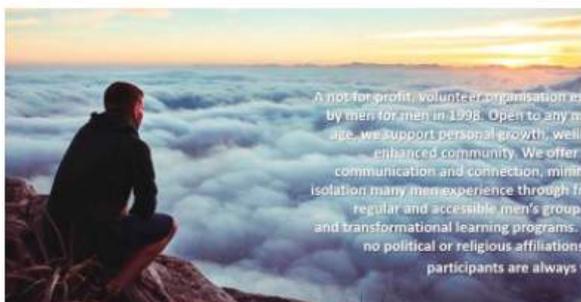
### Central Chapter Meeting of Melbourne Men's Group Inc.

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

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Until 8 Dec

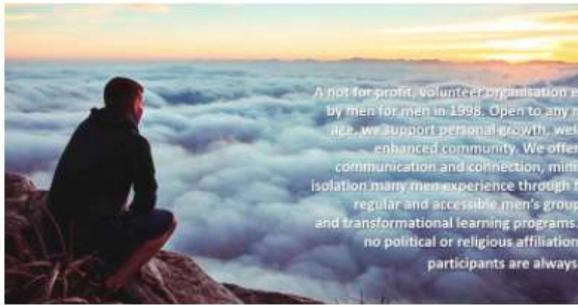
### Southern Chapter Meeting of Melbourne Men's Group Inc.

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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A not for profit, volunteer organisation established by men for men in 1998. Open to any man, we support personal growth, well-being, enhanced community. We offer communication and connection, reducing isolation many men experience through regular and accessible men's group and transformational learning programs. No political or religious affiliations. Participants are always

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

[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>

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## **Menswellbeing ~ Common Ground**

**OMG MOMENTS - ...Men...Him...Us...Me...**

Namaste and good health to you,

**OMG's** are here for your wellbeing and in turn, benefiting others.

**\* BE REWARDED \* IT'S EASY \* IT'S FREE**

What's happening in your life? Come along, connect and reap the benefits of sitting in a circle. You've been there before, you know the benefits, now it time to do it again ....don't just say you will!! We want to connect with you too!!

Join our OMG meetings to experience the wholesome opportunity to connect with good men in a community event run by experienced facilitators.

**Find Info Here:** <https://menswellbeing.org/omg/>

The Open Men's Group is open to all men for:

- Connection
- Respectful communication; and
- Sharing experiences.

This is a **Men's Wellbeing** event

The **Open Men's Group** needs no prior experience but if you are experienced with men's groups we would love you to join in. Your presence gives others a sense of the great community our men's groups foster.

We talk, we listen, and we share our experiences and our challenges.

Connect with other men and have meaningful conversations.

Learn more about yourself as you listen to other men share about themselves.

## **CHOOSE AN OMG TO SUIT YOU**

**Login or turn up at 6.45 pm, say hello and be ready for a 7.00 pm start.**

### **Tips For Zoom:**

- Logon before 7 pm
- Be in a private space
- Headphones are useful to block out noises
- Be aware of the Men's Wellbeing guidelines
- Confidentiality, respect and responsibility are paramount

**Find Info Here:** <https://menswellbeing.org/omg/>

This is an event where you can join other men and take the opportunity to put down your armour and be yourself – no judgement, no advice, just respect and the space to be real.

**In-person meetings also at Gold Coast and Brisbane South - See website for details.**

Nicholas Dob

**Men's Wellbeing**

Call me with any questions – 0424 146 005

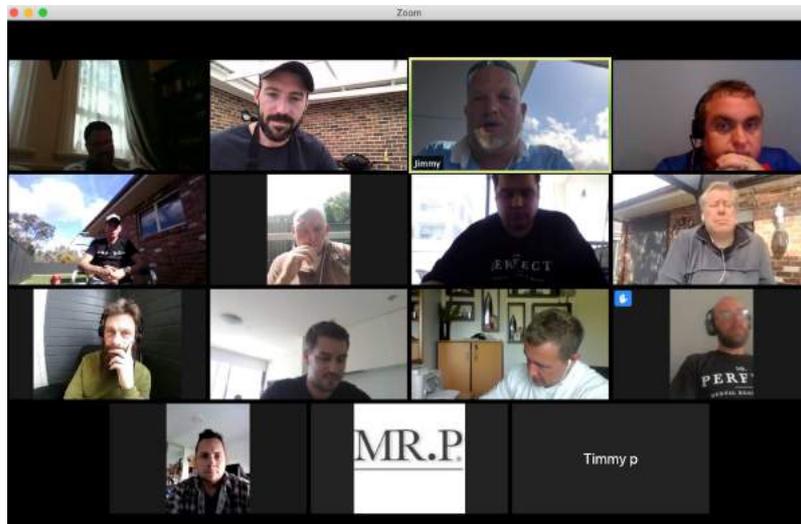
**NOTE: Please be punctual as we close the meetings to maintain a safe environment for sharing and to avoid disruption from latecomers.**

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# 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

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# THE ManKind Project®

## AUSTRALIA

### 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 ...](#)

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## Online 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/>

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## MenSpeak Men's Groups (Online)

### 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



## 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.

**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.

### **Mondays**

December 7 & 21

6:30 – 8:00 pm Mountain

Men Ages 18+

### **Thursdays**

December 3 & 17

6:30 – 8:00 pm Mountain

Men Ages 18+

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

**[Email:](#)**

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

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***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, Austria and North America**.

\* 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**
- **Melbourne Men's Groups**
- **Menergy Men's Group Network**
- **MensWork Project (Incl)**
- **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](#).

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MR.

**PERFECT**®

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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***

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## Yearly Men's Gatherings

### What is 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 **14 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.

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### ***January***



### ***Sydney Men's Festival***

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**

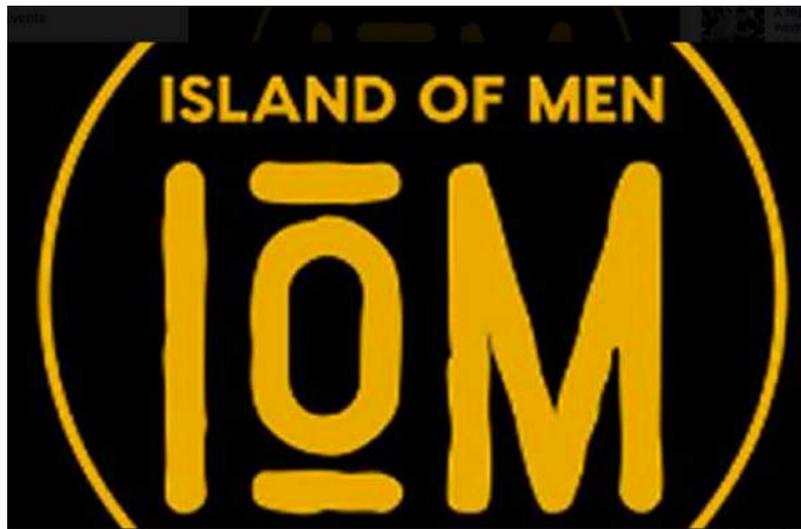
The Sydney Men's Festival welcomes children (boys all ages and girls under 7). Fathers are responsible for the wellbeing and behaviour of their children. A father's group is encouraged to meet once a day to discuss and coordinate children's issues and activities.

[Read more ...](#)

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***February***

***March***



***Island of Men ~ Melbourne***

***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.com/>)

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## **TasMen**

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/>)

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## **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](https://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.com/>)



## **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.

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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.com/>)

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**May**



## Manshine

***Manshine 2021 is Friday 30th April – Monday 3rd May 2021***

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 ...](#)

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## **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.

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## *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>)

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**July**

# BEDROCK

Bedrock is hosted by our Elders Circle. Bedrock is unlike any other Gathering. Bedrock is largely unstructured.

Conversations go where they need to go.

What needs to be discovered and revealed – happens.

We sit in the presence and magic of The Rock, under the towering escarpment and the mysterious gums.

Bedrock is a smaller, more intimate, and unique Men's Wellbeing gathering held annually at The Rock. This invitation is to men of all ages who are open to new learnings and seeking to deepen their maturity, their relationships, and also have fun and dine on exquisite food!

Bedrock is limited to 50 participants and promises to be full of meaningful experiences, frivolity, musical sensation, poetry and shared wisdom.

This year we are extending our invitation for fathers and grandfathers to bring their young men who have completed their rite of passage. There is an incredible opportunity here for these young men, their dads and us to share a unique space and learn from each other!

(from [BedRock](#).)

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***See Island of Men ~ Melbourne***

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**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/>)

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**September**

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](http://Menergy.org.au))

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## 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/>)

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## 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](http://ManHood.org.au))

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## Southern Men's Gathering

### The Opportunity

The Southern Men's Gathering, October 16th to 18th 2020, 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 ...](#)

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## **November**

*See EveryMan Me's Gathering in above ...*

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*See Island of Men ~ Melbourne above ...*

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## **West Australian Men's Gathering**

### **Introducing the WA Men's Gathering 2020**

#### ***“No Man is an Island: It's Time to Nourish The Tribe”***

Well, it's certainly been a year to remember. Or maybe forget? How fortunate are we in WA; by good luck and/or good management, we remain free of community spread. So at this stage, we can confirm that the 2020 WA Men's Gathering will go ahead on November 13th – 15th.

In short, the Gathering is a live-in weekend, organised by every-day blokes, for men only. It provides a safe and supportive environment to explore current issues, tell their story, and have some fun together. It has been held in Perth every year since 1995.

Participants listen to guest speakers, attend experiential Workshops, and share stories in smaller “Affinity” Groups. It is a rare and valuable opportunity for men of all ages and backgrounds to be themselves, enjoy each other's company, and

celebrate life as well-rounded blokes.

The 2020 Gathering will be held at Jarrahfall Bush Camp on the outskirts of Dwellingup over the weekend November 13-15. Think masculine: a bush setting, fire pits, smoke, barbeques, “roughing-it” accommodation with bunk-house, swag and camping options, men’s circles, great meals and a no-pressure program, easy on the introspection scale.(from <https://www.wamensgathering.org.au>)

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## ***December***

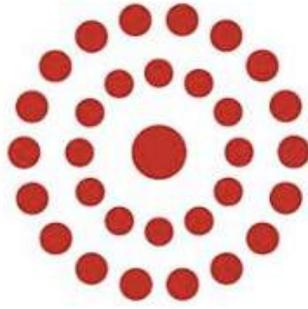


**Island of Men ~ Sydney**

***Two per year, April and December***

**See April Details...**

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# gatheringmen

***Australian men are in a perilous place.***

The hard facts: **6 of 8 suicides**. 7 days a week

Our Men need a time out. A moment to catch their breath. They're calling for a safe space. To let it out. To be open, honest, vulnerable.

A place to rediscover connection, meaning & purpose in their lives. We're listening carefully. Opening our hearts & minds. And crafting such a place.

Welcome to a fresh, new approach to *Australian Men's Health & Well Being*.

Together, we're creating something rather different.

Join us as we re-imagine healthy masculinity.

Welcome to our place. To your place. A safe trusted space for men to deeply reconnect.

- To ourselves. Each other.
- To Country.
- To First Nations wisdom.
- To Community.
- And the people we love most in our lives.

## Story

[Read more ...](#)

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**E&OA**

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