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Edition 29

What's Happening in Men's Work in November

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.

Woohoo, things are slowly getting back to a COVID normal. restrictions in Melbourne are getting eased. I have had a very productive time during the shutdown, doing a great deal of internal work, not just accepting things because they were out of my direct control, I could still make my time meaningful.

I had a wonderful experience today, I was stood down from my Childcare job at the end of March, and hadn't realised how much I had missed it.

I was at nearby Lake with my Daughter, watching her play in the water fountain area. I suddenly became aware that I had a 'smile' on my face., behind the compulsory facemask. There were about 5 children aged from toddlers to pre-school, running, laughing, smiling, getting wet and thoroughly enjoying their time on a pretty warm

day. It was at that exact moment when I realised how much that had missed the pure 'joy' on the faces of the Children. A massive weight instantly lifted off my shoulders.

I am now back at work in my Child Care Centre & loving the interaction with all the children, such a joy to continue to make a difference in their lives.

The year 2020 will end up being an incredibly hard and challenging year, But, if we try to remember the simple pleasures in our lives, it can make them incredibly special.

I have recently completed my '**12 weeks 'Forging Excalibur 'Ignite the Fire'**. I have delved deep into my psyche, taking **100% Ultimate Responsibility** for my actions, working on my **integrity, mental and emotional strength., life audit, self-image**, along with discovering my **Core Values** and my **well-defined** life's purpose. This had been one of the best courses that I have ever done. I would thoroughly recommend this course to any Man that needs more clarity and direction in their lives.

Please, get in touch if you would like more information?

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.

Special Annual Events ...

WAYS TO GET INVOLVED THIS NOVEMBER



However you Mo will save a bro ...

WHEN: November

WHERE: Anywhere

COST: Free

[Event website](#)

2020 has been a challenging year for all of us, but men's health is still in crisis, and we still need your help to stop men dying too young.

Whether you Grow a moustache, take on the Move challenge, get your friends together for a virtual event or create your own challenge (we call it [Mo Your Own Way](#)), there are more ways than ever to have fun and stay connected while raising much-needed funds for men's health. How will you Mo this Movember?

[more information...](#)



WHEN: 19th November

WHERE: Anywhere

COST: Free

[Event website](#)

About International Men's Day

International Men's Day is celebrated on 19 November every year and is marked in around 80 countries worldwide.

International Men's Day in Australia is a great opportunity for you to:

- Highlight some of the social issues that men and boys face
- Make a difference for the men and boys in your community
- Celebrate men and boys in all their diversity
- Have some serious fun

This year, International Men's Day will be held on **Thursday 19th November 2020**, though many people will hold their activities and celebrations before or after the main event. While there are a huge variety of ways you can mark International Men's Day, most celebrations share one or more of the following objectives:

- Valuing male role models
- Acknowledging the contribution of men and boys
- Improving male health
- Tackling discrimination and disadvantage
- Fostering positive gender relations
- Making the world a safer place for everyone

If you plan to hold an event for International Men's Day in 2020, you can promote your events on this website, which is hosted by the Australian Men's Health Forum (AMHF).

[More information ...](#)

Month Specific Events ...



Exploring Masculinity

WHEN: November 3, 2020 @ 19:30 – 21:30

WHERE: Split between Online and in-person. Brock Reserve, 6 Montrose Pl, Beaumont SA 5066

COST: \$250

CONTACT: Ben Buttfeld

[Book Now](#)

5 Week Men's Program

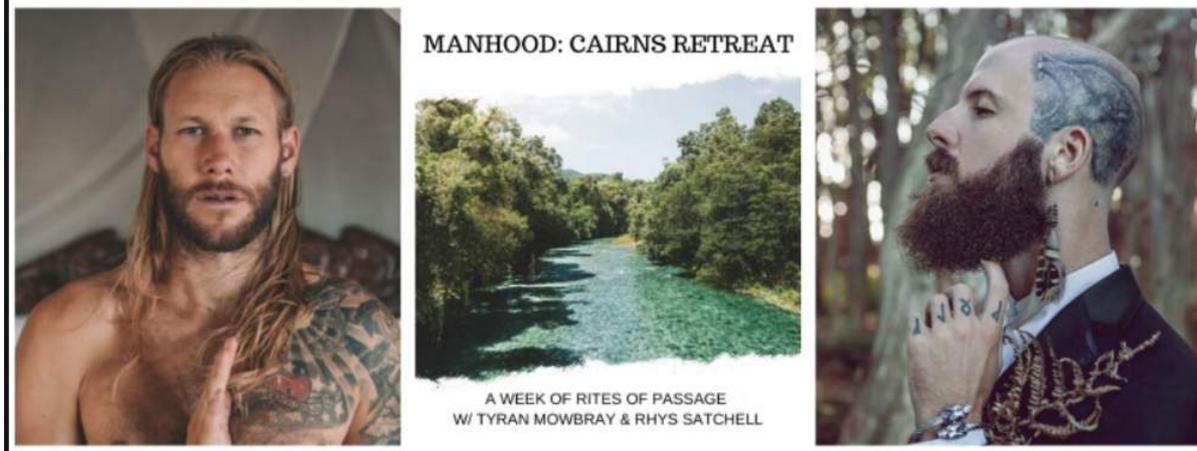
- Are you struggling to understand yourself as a man?
- Are you dissatisfied with your experience of the culture of men?
- Do you lack a sense of community, connection and purpose in your life?

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

1. **Objectives for the program include:**
2. **Develop a healthy expression of your masculinity**
3. **Enhance your capacity for emotional literacy**
4. **Improve your self-awareness**
5. **Identify your personal strengths**
6. **Consider or refine your sense of purpose**

Build a community of men with a deep sense of connection.

[More information ...](#)



Manhood: Cairns Retreat

WHEN: November 4, 2020 @ 09:30 – November 10, 2020 @ 12:30

WHERE: Sanctuary Retreats Mission, Cairns QLD, Australia

COST: \$1800 - \$2400

CONTACT: Paisley Heart and Tyran Mowbray

[Event website](#)

Welcome to a week-long rite of passage of manhood in the luscious jungles of Cairns.

A sacred journey meets a blokes getaway to remember what it is to be an ancient and modern man.

Together we will discover a diverse range of life-changing rituals and brotherhood bonding activities that will create a perfect blend of personal development and men's fun time.

This epic men's week has been carefully curated by your facilitators, **Tyran Mowbray** and **Rhys Satchell**. This will be a transformative adventure where all the facilitated journeys and experiences such as bungee jumping, canyoning, private island camp trip, indigenous day and more are included in the ticket price.

[More information ...](#)



Primal Man Project – Men’s Circle

WHEN: November 13, 2020 @ 18:00 – November 15, 2020 @ 16:00

WHERE: Jarrahfall Bush Camp, Dwellingup WA 6213

COST: \$27

CONTACT: [Primal Man Project Facebook Page](#)

[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.

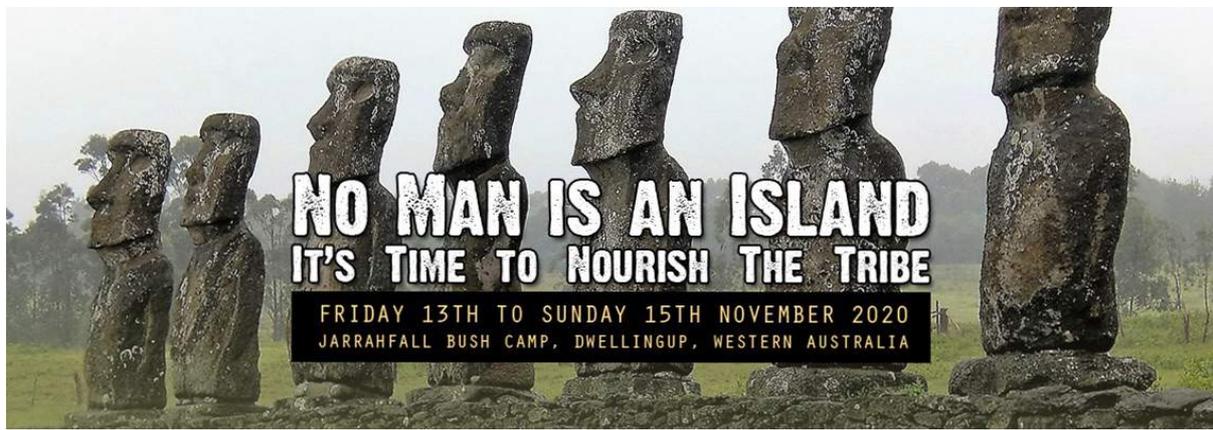
If you’re feeling isolated, wanting to get things off your chest or you’re looking to make connections and gather the wisdom and experience of good men to support you, join us in the Men’s Circle.

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



Western Australia Men's Gathering

WHEN: November 13, 2020 @ 18:00 – November 15, 2020 @ 16:00

WHERE: Jarrahfall Bush Camp, Dwellingup WA 6213

COST: \$195.00

CONTACT:: [Email](#)

[Website:](#)

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.

[More information ...](#)



EveryMan Men's Gathering

WHEN: Friday 27 November – Sunday 29 November

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

COST: \$77.00

[Book Now](#)

“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.

[Book Now](#)



A Day With Durga

WHEN: November 14, 2020 @ 10:00 – 17:30

WHERE: Online

COST: \$99.00

[Book Now](#)

Come and release the binds and vows that are limiting your soul's shine and psyche's freedom and open to allow their more potent and pleasurable energetic embodiment.

In an accessible yet potent ritual, we will invoke the deity Kali-Durga for

empowerment and protection. Durga, the invincible, is an irresistible warrior goddess who can defeat all that threatens peace and spiritual progress. The fierce face of the protective Mother Goddess of All, Durga uses destruction to empower (re)creation and enable personal liberation. When needed Durga manifests Kali, her most ferocious form.

[More information ...](#)



BlokesVenture 3 Day Retreat

WHEN: November 20, 2020 @ 19:00 – November 22, 2020 @ 05:00

WHERE: Sunshine Coast QLD, Australia

COST: \$1997.00

CONTACT: Blase Grinner

[Email](#)

[Event website](#)

The **BEST** gift you could give your children is to be the **BEST VERSION** of yourself... and they with your partner gets to be part of the celebration in your **HONOURING** on day 3!

BlokesVenture is the **FUEL STATION** men come to **FILL UP** for everyday life. Over 3 days and 2 nights, **TOGETHER** we'll experience the Sunshine Coast from summits to seas and in between. We have combined various aspects of Adventure, Personal Development, Nature/the Elements, Ancient Wisdom & Modern Teaching's to create a Rites of Passage for the Modern-Day Man.

[More information ...](#)



Traditional Wooden Longbow Making near the Otways

November 21 @ 10:00 am – November 22 @ 5:00 pm | \$325 - \$395

Traditional Wooden Longbow Making near the Otways

WHEN: November 21, 2020 @ 10:00 – November 22, 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.

[More information ...](#)

Regular Online Events ...



Island of Men - Men's Sharing Circle

"The Creator: Finding Your Genius"

WHEN: Wednesday 4th November 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'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

- o \$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.



Kulin Open Group for Men

WHEN: Tuesday, 1 October 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 ...](#)

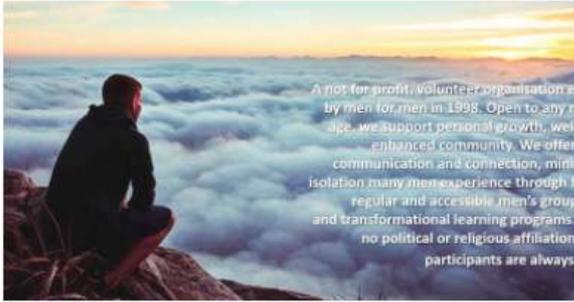


A not for profit, volunteer organisation established by men for men in 1998. Open to any man of any age, we support personal growth, well-being and enhanced community. We offer authentic communication and connection, minimising the isolation many men experience through free, open, weekly men's group 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.



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

Until 24 Nov

Eastern Chapter Meeting of Melbourne Men's Group Inc.

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

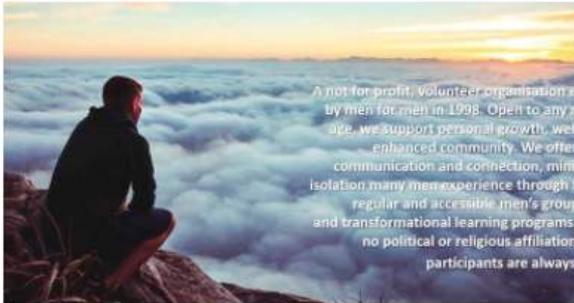
Since 1998, Melbourne Men's Group meetings have been open to any man willing to participate. By attending meetings, you can:

> reduce isolation by developing a... [More](#)

JUL 23 Tue 19:30

JUL 28 Tue 19:30

+4



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

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



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

Until 8 Dec

Southern Chapter Meeting of Melbourne Men's Group Inc.

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

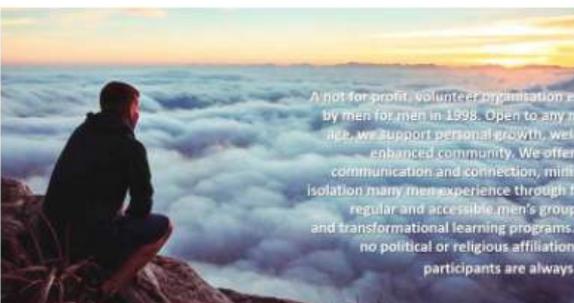
Since 1998, Melbourne Men's Group meetings have been open to any man any age willing to participate. By attending meetings, you can:

> reduce isolation by deve... [More](#)

JUL 14 Tue 19:30

AUG 11 Tue 19:30

+4



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

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>



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 againdon'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

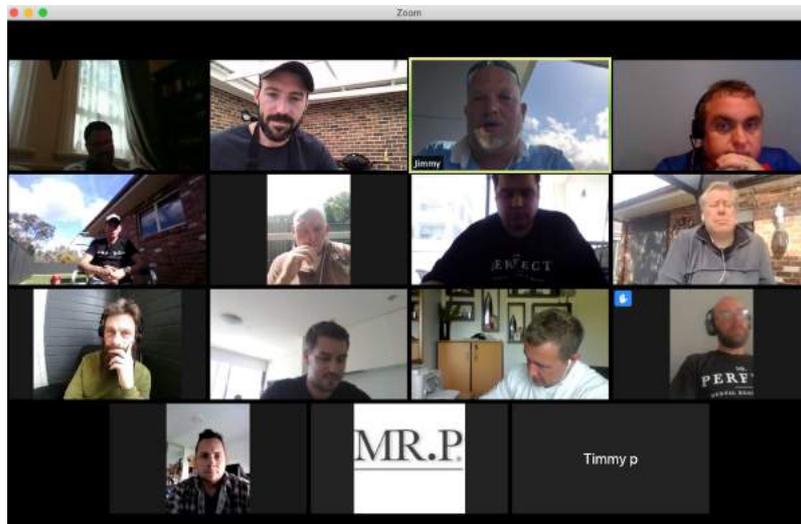
Call me with any questions – 0424 146 005

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

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

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 ...](#)



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/>



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

November 2 & 16 ~ December 7 & 21

6:30 – 8:00 pm Mountain

Men Ages 18+

Thursdays

November 5 & 19 ~ 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/>

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](#).

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 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.

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 ...](#)

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/>)



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/>)

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.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.

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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.

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(From IOM <https://islandofmen.com/>)

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 ...](#)



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>)

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](#).)

See Island of Men ~ Melbourne

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/>)

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)



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/>)



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, 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

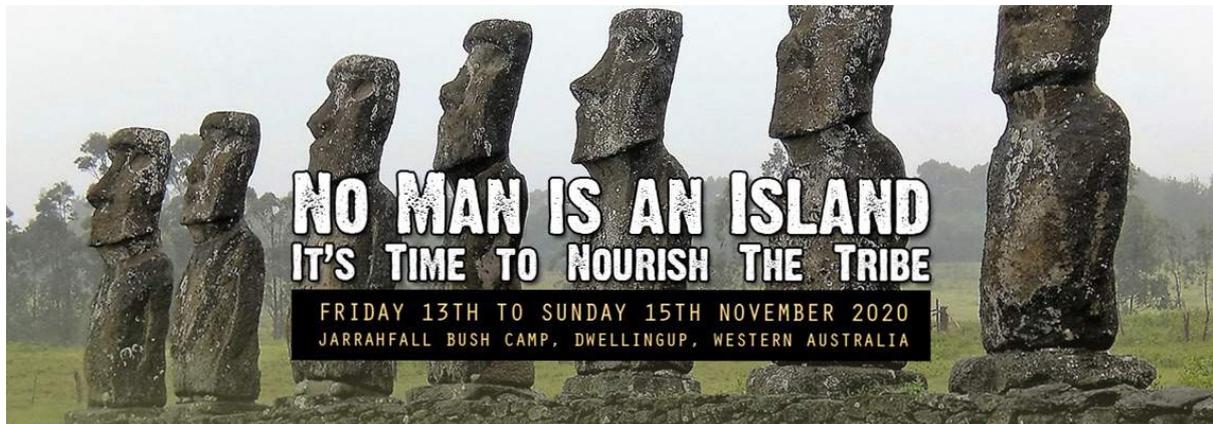
residential experience in the heart of the beautiful Fleurieu Peninsula.

[Read More ...](#)

November

See EveryMan Me's Gathering in above ...

See Island of Men ~ Melbourne above ...



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>)

December



Island of Men ~ Sydney

Two per year, April and December

See April Details...



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 ...](#)

E&OA



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