

Welcome to Cecil's Men's Hub

The 'Virtual Men's Gathering'

YOUR JOURNEY BEGINS ...



Feedback

Volume 4, Issue 11

\$4

What's Happening in Men's Work in June 2022

The Monthly Comprehensive Newsletter of Cecil's Men's Hub

Where Men take charge of their own lives, through the Role Models & Support of other great Men"

Hi Guys,

Welcome, to another month of the increasingly popular newsletter from Cecil's Men's Hub ~ The Virtual Men's Gathering and Worldwide Men's Group Directory.

The cover price is now \$4, to reflect the quality & work that goes into its creation. The newsletter is over 40+ pages now and has been redesigned to make it easier to find what you are looking for. It's now grouped in sections, so you can instantly go to the area of interest.

"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.

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

What's in this Newsletter from Cecil's Men's Hub

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My Core Values are:

* Purpose * Steady * Growth

*Connect with 10 Million Men, to make a difference in their Health and Lives.
To help them integrate, embody and educate, and raise the overall awareness
of Men's Mental and emotional health..*

PAID NEWSLETTER - UPDATE

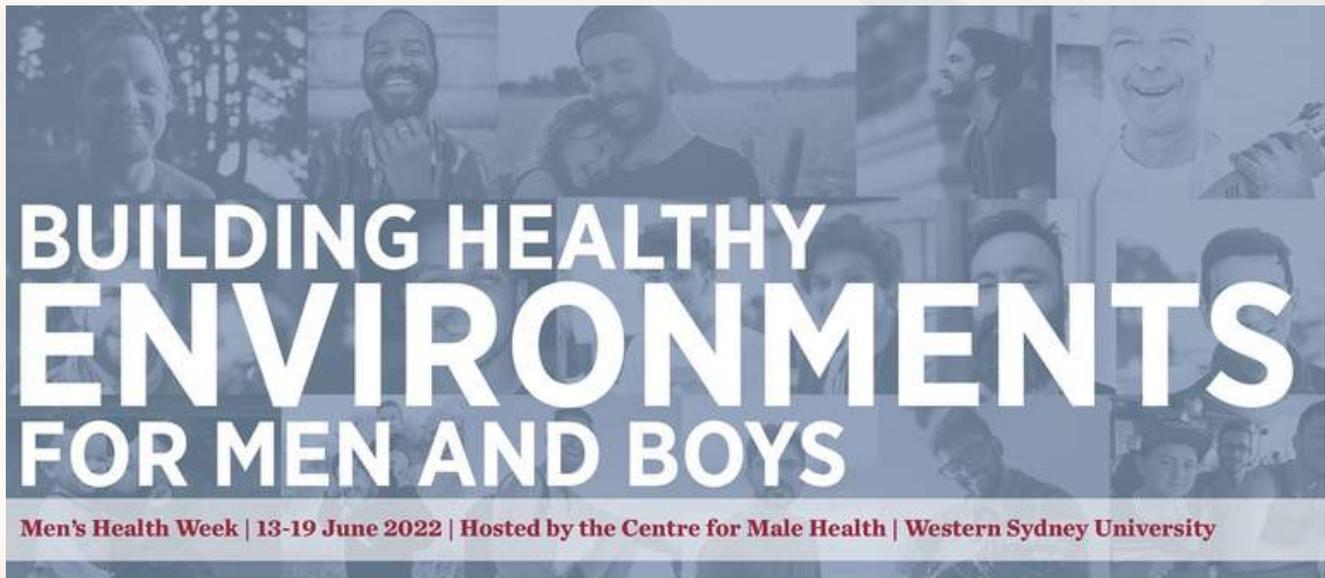
I want to thank all of the people that have downloaded a copy of the March Newsletter. Your contribution to my work is deeply humbling.

I'm very pleased to announce that the '[Gotcha4Life](#)' will get a monetary amount of 10% from all April monthly downloads.

You have all supported my purpose and Men's Health.

If you feel that another charity could benefit from this regular donation, please contact me at newsletter@CecilsMensHub.com with your recommendation.

SPECIAL ANNUAL EVENTS



Men's Health Week

- WHEN:** Monday 13th - Sunday 19th June
WHERE: Worldwide
CONTACT: Centre for Male Health - Western Sydney University
WEBSTE: <https://menshealthconnected.menshealthconnected.com/>
EMAIL: [Online Form](#)
COST **FREE - Raise Awareness and Money**

International Men's Health Week is celebrated every year around the world in the middle of June. It is an important opportunity to highlight the importance of men's health and to promote and support the health and wellbeing of men and boys in our communities.

All this emphasis on the health of boys and men - what's that about? They're all right, aren't they? In many cases, the answer is NO.

A boy born in Australia in 2010 has a life expectancy of 78.0 years while a baby girl born at the same time could expect to live to 82.3 years old. Right from the start, boys suffer more illness, more accidents and die earlier than their female counterparts. Men take their own lives at four times the rate of women (that's five men a day, on average). Accidents, cancer and heart disease all account for the majority of male deaths.

Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing. During the week, we highlight the health challenges faced by men in Australia and worldwide and run events that can be replicated year-round to improve the physical, emotional and mental health of men and boys. [More Information ...](#)



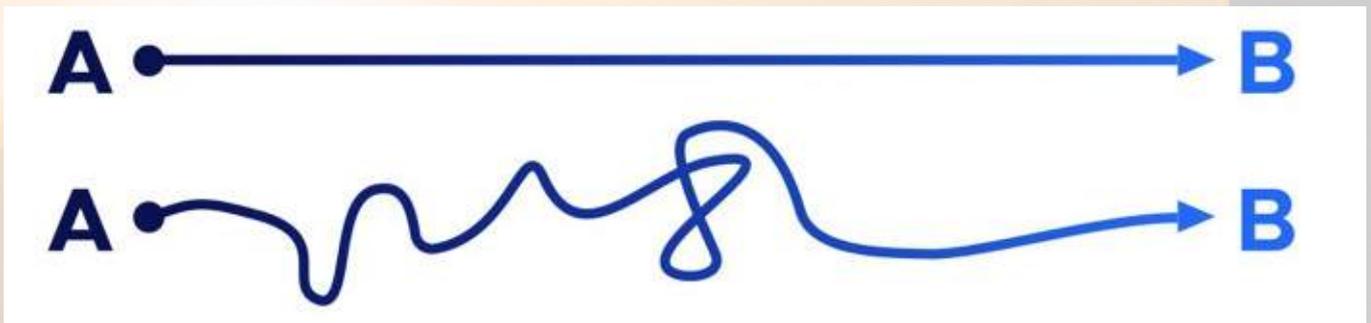
Are you prepared for life's adversity?

By James Grima

'Smooth seas do not make a skilled sailor' – African Proverb

Not every man ends up in crisis, although all men are met with their own challenges on the journey of life. The ups and downs can seem endless and the saying 'When it rains, it pours' comes to mind when I think about some of the down experiences I have had, more about that in a moment.

Many men have an expectation that life should be a certain way. I certainly did.



The reality of life looks more like a squiggly line, and if this is true, how does one prepare for the inevitable adversities of life?

I was always struck by a statement the late Nelson Mandela made when he was asked how he survived prison. Almost enraged by the question, he responded "I was preparing". Mandela was arrested and sentenced to life imprisonment for conspiring to overthrow the state in 1962. He served 27 years in prison. Amid growing domestic and international pressure and fears of racial civil war, President F. W. de Klerk released him in 1990.

Perhaps he was preparing for life's adversities, preparing for life's injustices, preparing to lead a divided country. Mandela and de Klerk led efforts to negotiate an end to apartheid, which resulted in the multiracial general election in which Mandela led the African National Congress (ANC) party to victory and became president from 1991 to 1997.

Whilst you may not be preparing to lead a nation, you could likely be leading a business or department, leading your family, and/or certainly leading yourself. How can you best prepare for life's adversities?

Continued ...

I highly recommend you avoid doing what I did 15 years ago or more accurately didn't do. What I didn't do was ask for help, or to share with others in my life, in my intimate circle or with trusted professionals what was going on for me, such as the stresses I was feeling in my work, the tension in my intimate relationship, the challenges of raising kids, financial pressures and more. Stressors that in isolation, were small, surmountable and unlikely to create too many crinkles in my expected straight line from A to B. However, all stacked up, well that's another story!

You can probably relate. Maybe you were smarter than me and were able to reach out to friends, family and /or professional support. Statistics on Men's Health show that if you did reach out and ask for help, therefore bypassing any stigma a high proportion of men feel which renders them (almost) unable to ask for help, then you would be a minority, and well done if you did reach out.

For the last 15 years, I have pondered these questions: What is happening 6 months before a man feels that the only choice left is a permanent solution to a temporary problem? How could drastic action be averted, avoided and even completely bypassed altogether? How can men positively contribute to their own mental health and well-being?

The answer I came up with for me could be the answer for you. If I had been able to meet with a group of men who were experiencing some of the same life stressors, it would have made a big difference to me. Belonging to a 'Men's Group' has a positive effect on men's mental health and physical well-being.

Being a part of an online men's group is an opportunity for you to prepare yourself for life's inevitable ups and downs and to experience mateship with other men. You can develop habits that prepare you to navigate life's lows and blows, knowing you have the support of a community of men who have 'got your back!' Communities of healthy men promote healthy masculinity.

The benefits of joining a Men's Group can extend far beyond you as an individual man into your families, your workplaces and your communities. From my own challenges, combined with extensive research, MANonline was conceived. MANonline is a growing network of online men's groups. We look forward to welcoming you.

PROFILE: James Grima is passionate about Men's Health and facilitates a growing network of online men's groups.

In his 20's he ran a pizza chain, in his 30's a training company and in his 40's a business coaching and consultancy. Entering his 50's, James is committed to halving the number of preventable deaths of men by raising awareness of the early warning signs, overcoming stigma and positively contributing to men's mental health and well-being!

On a personal note, James is happily married to Christine (both their 2nd marriage) and between them, they have 9 children. James enjoys true crime stories and is a sucker for anything that is salted caramel flavoured and his dream holiday is to spend a summer in Malta.

I hope you have enjoyed this article? The above section will be a regular feature of future newsletters. If you know of anyone that could write an appropriate article for the newsletter, then please get in contact with me at newsletter@CecilsMensHub.com.

EXCITING ANNOUNCEMENT



AUSTRALIAN MEN'S COACH DIRECTORY COMING IN 2022

This is another project to fulfil my purpose:-

This project is currently being developed, and will hopefully be ready in the early part of 2022

Cecil's Hub ~ Australian Men's Coach Directory, where every man who wants to take charge of their own lives, through the Role

Model & Support of a Coach that has the wisdom and knowledge through walking their own path. If so, then please fill out the expression of interest form, you will be contacted with updates and progress.

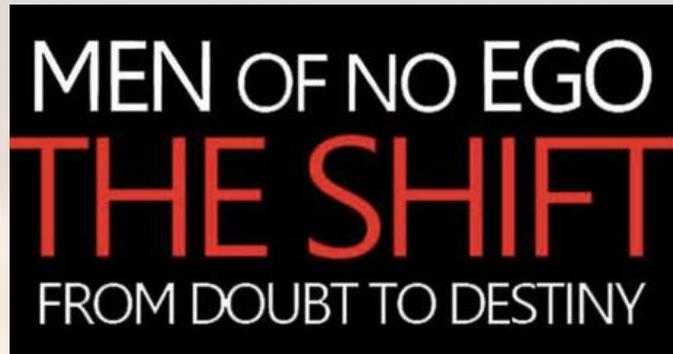
EXPRESSION OF INTEREST

**YOU DIDNT COME THIS
FAR TO ONLY COME
THIS FAR**

MONTH SPECIFIC PHYSICAL EVENTS

Ordered by State and Territory

VICTORIA



Men Of No Ego. The Shift

WHEN: Friday 10th June- Sunday 12th June 9:00 - 15:00
WHERE: Gilwell Park, 685 Gembrook-Launching Pl Rd, Gembrook VIC 3783
CONTACT: Ian McIntyre, 0415970538
WEBSTE:
EMAIL: creativeawareness1@gmail.com
COST \$395.00

An Invitation, to Shift to your next level of Conscious Awareness and creative ability.

Come and rest in solitude and move away from the noise and distraction into a haven; specifically designed for you to experience the beauty and power of your own masculinity, with other men who are also curious about living as a man of no ego, and shift into your next step of fulfilling your creative potential as a liberated human being. [More Information ...](#)



Traditional Wooden Longbow Making in near Castlemaine

WHEN: Saturday 18th April- Sunday 19th June 10:00 - 17:00
WHERE: Harcourt, 3453, Victoria, Australia
CONTACT: Narrative Yoga, +61402322200
WEBSTE: <https://narrativeyoga.com.au/>
EMAIL: lars@narrativeyoga.com.au
COST \$395.00

In this Traditional Wooden Longbow making workshop, 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 ...](#)



Island Of Men Melbourne #9 – Growth and Healing

- WHEN:** Sunday 19th June 10:00 - 18:30
WHERE: Gilwell Park, 2685 Gembrook-Launching Pl Rd, Gembrook VIC 3783
CONTACT: Island of Men, 0414217919
WEBSTE: <https://islandofmen.com/>
EMAIL: adrian@islandofmen.com
COST \$80.21

Island of Men #9 – Growth and Healing is our next Island of Men, is all around exploring the importance of growth and healing in our lives.

A Day of Connection, Workshops, Education, Community and Brotherhood.

What are some of the tools and techniques out there for healing and growth. We would like to you experience elements of growth and healing on this special day – created to support you on your life journey. [More Information ...](#)



BLUE WREN
FOUNDATION

Relaunch and Fundraising Evening

Dinner - Music - Auction - Presentations

Thursday 23rd June

5.30 pm - 10.00 pm

Southport Yacht Club, Gold Coast

The Blue Wren Foundation Relaunch and Fundraising Evening

WHEN: Thursday 23rd June 17:30 - 22:00 QLD

WHERE: Southport Yacht Club, 1 MacArthur Parade, Main Beach QLD 4217

CONTACT: The Blue Wren Foundation 0400 424 417

WEBSTE: <https://www.bluewrenfoundation.com/>

EMAIL: bluewreninfo@bigpond.com

COST \$750.00

YOU ARE INVITED TO ATTEND THE BLUE WREN FOUNDATION RELAUNCH AND FUNDRAISING EVENING

The Blue Wren Foundation Relaunch and Fundraising Evening will be a night of celebration, presentations, dinner, music, a great auction, and an opportunity for us to share with you who we are and what we do.

With presentations, a 3-course dinner, live music, a great auction, and an opportunity for us to share with you who we are and what we do.

We are expanding in 2022 and look forward to offering our services to communities across Australia.

The funds raised for the evening this will help support us to do this.

We have single tickets and tickets for tables of 6 for \$750

We have a great lineup of speakers, a great band, and some amazing auction items for you to bid on.

Single tickets and table tickets are available, either Single or for Tables of 6.

Early Bird Tickets Are Available Until the 12th of May, more details next month.

NEW SOUTH WALES

WESTERN AUSTRALIA

SOUTH AUSTRALIA

TASMANIA

ACT

NORTHERN TERRITORY

No Events Discovered

MONTH SPECIFIC ONLINE EVENTS

ONLINE / VIRTUAL



theMANevent

WHEN: Saturday 18th - Sunday 19th June 9:00 - 18:30

WHERE: Online

CONTACT: James Grima - 0419 354 949

WEBSTE: <https://www.manonline.com.au/>

EMAIL: james@positivetraining.com.au

COST **FREE**

Most men have a dream to maintain their health, and grow their wealth whilst experiencing a wildly successful relationship, smashing it in business and leaving a lasting legacy. Sadly what many men experience is the exact opposite! Their health suffers because they work long hours, rarely take breaks, feel stressed all the time, beat themselves up because they don't spend enough quality time with their loved ones, and when they stop working, so does the cash flow.

[More Information ...](#)

REGULAR PHYSICAL EVENTS ...

Ordered by State and Territory, Day

VICTORIA



L.E.A.P. Men's Group

WHEN: 7th June (First Monday of month) 18:30 - 21:30

WHERE: Hazeldell in The Dandenongs

CONTACT: Emotional Intelligence Trainings

WEBSTE: <http://www.eq.net.au/>

COST \$397 or \$50 casual basis

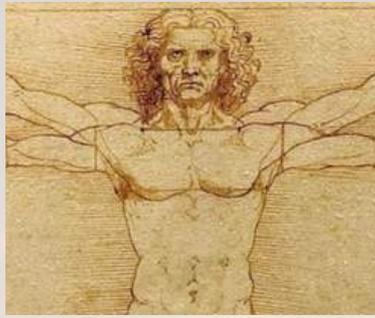
2022 L.E.A.P. for your Life!

Life Empowerment and Achievement Program

L.E.A.P Men's Group is about being at our best, giving our best shot at our lives, living fully and constantly challenging ourselves to grow.

It's about getting clear about our goals and priorities and making sure that we live by them.

[More Information ...](#)



Men with Spirit Men's Group

WHEN: Monday 7th, 14th, 21st, 28th June 19:00 - 31:00 Weekly
WHERE: 52 Kars St, Frankston VIC 3199, Australia
CONTACT: Peter Anthony - 0419 440 665 Steve Angel - 0418 143 969
WEBSTE: <http://www.menwithspirit.com.au/>
EMAIL: connect@menwithspirit.com.au
COST 1st Group FREE - \$20 After

A different style of Men's Group ... Men helping Men thrive.

Men with Spirit is a weekly group for men who are looking for deeper meaning in their lives. We help men get out of their heads and into their hearts. We help men connect to their feelings and learn how to express themselves honestly and openly. We are guided by a set of personal and non-religious spiritual values that promote equality, honesty and expression without judgement. ... [More Information](#)



Warrior Within Men's Circle (Melbourne)

WHEN: 28th June (4th Tuesday of Month) 19:30 - 20:30
WHERE: The Fifth Direction, 82 St Kilda Rd, St Kilda, Melbourne, 3182,
CONTACT: Asher Packman
WEBSTE: <http://www.warrior-within.com.au/>
EMAIL: asherpackman@gmail.com
COST \$25.00

The Warrior Within Circle is a monthly gathering of men hosted by Warrior Within's founder Asher Packman in Melbourne.

We join together to discuss a specific theme, create space for a spontaneous flow, tell stories or simply sit in noble silence, breathing and meditating. Above all else, we are committed as brothers to supporting each other in living our warrior purpose. Entry is free for current members of the Warrior Within community (to join, head to www.warrior-within.com.au). Booking and ticket purchase is required for non-members only.

[More Information ...](#)



Men's Health and Wellbeing Group (PM)

- WHEN:** Monday 7th, 14th June (Every 2 Weeks) 18:30 - 21:00
WHERE: Daylesford Neighbourhood Centre, 13 Camp St, Daylesford VIC 3460
CONTACT: Greg Govinda 0466 339 287
EMAIL: greggovinda@gmail.com
WEBSTE: <https://www.facebook.com/OneMansHeart>
COST \$45 for Series

Men's Health and Wellbeing Group, fortnightly Men's Circle – to connect with a better sense of self, personal peace and camaraderie. Learn self-care. Build confidence.

Enjoy open and honest conversations in a Safe and Supportive Group. A Men's Group' is for men (18 or over) who are looking for a better sense of self, inner peace, and camaraderie in life. Each session unfolds depending on who is present and what issues arise on any particular night. [More Information ...](#)



Kulin Open Group for Men

- WHEN:** Tuesday 7th, 21st June- 18:30 - 21:00 2 Weekly
WHERE: 2 Weekly Ashmore Street, Brunswick VIC
CONTACT: Demian Natakhan 0468 309 863
WEBSTE: <http://mkpvic.com.au>
EMAIL: info@mkpvic.com.au
COST **FREE**

We are open for all Men to come along and take a fresh look at their own lives in a safe, powerful and confidential way with other men on their journey. The purpose of this group is to create a safe AND challenging place for men to find support and solutions in becoming better fathers, sons, husbands, professionals, partners and more.

[More Information ...](#)



Melbourne Men's Group Tuesdays in 4 Locations

Central Chapter Meeting



WHEN: 7th June 19:30 - 21:30 (First Tuesday of Month)

WHERE: North Collingwood Library, 11 Stanton Street, Abbotsford VIC 3067.

CONTACT: MMG on 1300 96 7474

WEBSTE: www.MensGroup.Melbourne

COST **FREE**

The purpose of MMG Inc. Central Chapter Meeting is to advocate for balanced Australian masculinity, promoting personal wellbeing, enhanced mental health and sense of community, and personal growth through trusted, free, open, men's group meetings (face to face and online), learning programs and personal mentoring. [More Information ...](#)



Southern Chapter Meeting

WHEN: Tuesday 14th June 19:30 - 21:30 (Second Tuesday of Month)

WHERE: Highett Community Centre, 2 Livingston St, Highett, 3190

CONTACT: MMG on 1300 96 7474

WEBSTE: www.MensGroup.Melbourne

COST **FREE**

The purpose of MMG Inc. Central Chapter Meeting is to advocate for balanced Australian masculinity, promoting personal wellbeing, enhanced mental health and sense of community, and personal growth through trusted, free, open, men's group meetings (face to face and online), learning programs and personal mentoring. [More Information ...](#)



Melbourne Men's Group Tuesdays in 4 Locations

Western Chapter Meeting



- WHEN:** Tuesday 21st June 19:30 - 21:30 (Third Tuesday of Month)
WHERE: Diggers Road Soldiers Memorial Hall, 450 Diggers Road, Cnr Whites & Diggers Road, Werribee South, 3030
CONTACT: MMG on 1300 96 7474
WEBSTE: www.MensGroup.Melbourne
COST **FREE**

The purpose of MMG Inc. Central Chapter Meeting is to advocate for balanced Australian masculinity, promoting personal wellbeing, enhanced mental health and sense of community, and personal growth through trusted, free, open, men's group meetings (face to face and online), learning programs and personal mentoring. More Information ...



Eastern Chapter Meeting

- WHEN:** Tuesday 28th June 19:30 - 21:30 (Fourth Tuesday of Month)
WHERE: Currawong Bush Park, 277-285 Reynolds Rd, Doncaster East VIC 3109
CONTACT: MMG on 1300 96 7474
WEBSTE: www.MensGroup.Melbourne
COST **FREE**

The purpose of MMG Inc. Central Chapter Meeting is to advocate for balanced Australian masculinity, promoting personal wellbeing, enhanced mental health and sense of community, and personal growth through trusted, free, open, men's group meetings (face to face and online), learning programs and personal mentoring. More Information ...



Build a Brotherhood Meet Up - Men's Group

WHEN: 7th, 21st June (1st and 3rd Tuesday of the Month) 18:30 - 21:00

WHERE: Mooroolbark Eastern Suburbs, Melbourne

EMAIL: Build a Brotherhood admin@buildabrotherhood.com

WEBSTE: <http://BuildaBrotherhood.com>

COST **FREE Donations Welcome**

We welcome all Men to come to join us for our Build a Brotherhood meet up.

In April 2018, I lost my brother Luke to suicide. He was in the military and served in Afghanistan. He never came back the same and battled PTSD. So we decided to Build A Brotherhood, a place where men can come to share their struggles and receive support if that is what is wanted.

A place where we hope to end men suffering in silence. With the help of Leah, our family therapist and drug/alcohol counsellor, our twice a month support group has been growing each week. Men come for support, to share their experiences or to listen. [More Information...](#)



Men Talking About Feelings. AGW

WHEN: Tuesday 7th June 18:00 - 21:00 (First Tuesday of Month)

WHERE: The Good Brew Company, 54 Hope St, Brunswick

CONTACT: [Dean O'Callaghan and Men talking about Feelings](#)

COST **FREE**

BYO pizza ingredients. crafty beers, cocktail makings, table tennis bats.. or just yourself. pizza, kombucha and table tennis provided. [For more information ...](#)



Island of Men - Men's Sharing Circle

- WHEN:** 28th May 19:00 - 21:00 (Fourth Thursday of the Month)
WHERE: Second Story Studios, 222 Johnston St Collingwood VIC 3066
CONTACT: Adrian Selley, 0412 217 919
EMAIL: adrian@islandofmen.com
WEBSTE: Islandofmen.com
COST \$10.00 donation to cover costs of venue.

Island of Men - Men's Sharing Circle and heart circle to connect with the IOM Brotherhood. A space to check in, share, be heard and be held in a safe container.

Please arrive at 7.00 pm. Entry will not be permitted after 7.05 pm.

We ask for a \$10 donation to cover the cost of the venue for the Island of Men - Men's Sharing Circle. BRIEF AGENDA * Opening of the circle/acknowledgement of country * Introduction/ IOM history/agreements & guidelines * Guided drop-in meditation * Several rounds of group sharing & reflection * Closing practice/closing of the circle [More Information ...](#)



Ballarat Men's Support Group

- WHEN:** Thursdays 9th, 23r June (Every Two Weeks) 18:45 - 21:00
WHERE: Ballarat
CONTACT: Andrea Tindiani
EMAIL: andreatindiani@mail.com
WEBSTE: <https://www.facebook.com/events/548677286169843>
COST \$40

If you are reading this is not by accident...

Despite many men having friends and family around day today, the truth is that most guys don't have the opportunity to share what is truly happening in their lives and how they really feel about it. Most men just go on about their daily lives without really noticing the signs of isolation until ADVERSITY STRIKES and realise they only HAVE A FEW OUTLETS to get stuff off their chest or talk things through. This is particularly true for men entering their '30s, '40s and '50s who focus on their careers or their families and all of a sudden run into new challenges like ... [More Information...](#)

**DATES & TIMES
NOT CONFIRMED
PLEASE CONTACT ORGANISER**



The Man Walk ~ Philip Island

- WHEN:** Every Friday morning 3rd, 10th, 17th, 24th May
WHERE: Corner of Church Street and Thompson Avenue, Philip Island
CONTACT: 1300 948 947 Varoious Facilitators
EMAIL: malmccann53@gmail.com
WEBSTE: <https://www.facebook.com/pimensbreakfast/>
COST **FREE**

A group of guys have started walking each Friday morning at 7 am

Meet out the front of Alex Scott (Corner of Church Street and Thompson Avenue) Walk for about 45 minutes. Everyone Welcome.

#Manwalk #themanwalk



Blackburn Men's Walk and Talk

- WHEN:** First and Third Saturday 4th, 18th May
WHERE: South Parade, Blackburn VIC 3130
CONTACT: Blackburn Men's Walk and Talk (03) 9878 6632
EMAIL:
WEBSTE: <https://www.facebook.com/BlackburnMensWalkandTalk>
COST **FREE**

Men are invited to join us on a 5km circular Blackburn Men's Walk and Talk, linking Blackburn Lake Sanctuary and the Blackburn Creek lands.

Meet at the top of the steps from the underpass outside Blackburn Station on South Parade ready to leave at 8 am. We will follow back roads and trails which can occasionally get a little muddy in places after rain. The route is mostly flat with just one very short section of uphill walking. We will walk at different paces to suit all men attending and take a break at the Yarning Circle at Blackburn Lake. [More Information ...](#)



Free BBQ's

- WHEN:** Saturdays and Sundays in June varied times (Please Check)
- WHERE:** BBQ's for Community & Connection
- CONTACT:** Terry Cornick
- WEBSTE:** <https://mrperfect.org.au/>
- COST** **FREE**

Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found something was missing in the support he accessed. Ironically his best mate called him “Mr Perfect” for years without knowing his struggle. Mr Perfect is a grassroots charity that brings men together at BBQs in local parks across Australia, to create community and connection.

More Information ...

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VICTORIA: Ballarat, Benalla, Echuca, Ferntree Gully, Geelong.



Average Joes Weekly Meetups

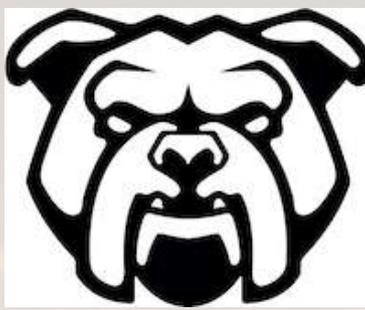
- WHEN:** Monday 6th, 13th, 20th, 27th June 19:30 - 21:00
WHERE: Kurrajong Heights, NSW 18:30-19:30
WHERE: Cams Wharf, NSW, 10:00-11:00
WHEN: Tuesday 7th, 14th, 21st, 28th, 31st June 19:30 - 21:00
WHERE: Kenilworth QLD 09:00 - 10:00
WHEN: Wednesday 1st, 8th, 15th, 22nd, 29th June 19:30 - 21:00
WHERE: Mooloolaba QLD 12:00 - 13:00
WHERE: Swansea NSW 18:30 - 19:30
WHERE: Brighwater, QLD 18:30 - 19:30
WHERE: Success, WA 19:00 - 20:00
WHEN: Thursday 2nd, 9th, 16th, 23rd, 30th June 19:30 - 21:00
WHERE: Penrith, NSW 16:00 - 17:00
WHERE: Brendale, Brisbane, QLD 19:00 - 20:00
WHERE: Caversham, Perth, WA, NSW 18:00 - 19:00
WHEN: Friday 3rd, 10th, 17th, 24th June 19:30 - 21:00
WHERE: Rose Bay, NSW 19:00 - 20:00
CONTACT: Average Joes
PHONE: 0425335969
EMAIL: men@averagejoes.net.au
WEBSTE: http://averagejoes.net.au/
COST **FREE**

AJ's is a global Men's movement meeting weekly in pubs and cafes, focused on the inward growth of Men in today's society by promoting authentic masculinity.

Our topics are raw, our focus is real. Masculinity – Mentoring – Mateship.

Host: Various

Guys, just go to the venue and look for the AJ's shirts.



Mongrels Men Meet Up

- WHEN:** Monday 6th, 13th, 20th, 27th June 06:15 - 07:30 Weekly
WHEN: Wednesday 1st, 8th, 15th, 22nd, 29th June 06:15 - 07:30 Weekly
WHEN: Friday 3rd, 10th, 17th, 24th June 06:15 - 07:30 Weekly
WHERE: Dee Why Beach, NSW, Australia
CONTACT: Instagram @mongrelsmen Facebook @mongrelsmen
EMAIL: mongrelsmen@gmail.com
WEBSTE: <http://www.mongrelsmen.com>
COST **FREE**

Come join us for a sunrise walk, run, swim, surf, coffee & chit chat every Monday, Wednesday & Friday. Meet us at Dee Why Beach Steps at 6.15 am.



Free BBQ'

- WHEN:** Saturdays and Sundays in June varied times (Please Check)
WHERE: BBQ's for Community & Connection
CONTACT: Terry Cornick
WEBSTE: <https://mrperfect.org.au/>
COST **FREE**

Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found there something was missing in the support he accessed. Ironically his best mate called him “Mr Perfect” for years without knowing his struggle. Mr Perfect is a grassroots charity that brings men together at BBQs in local parks across Australia, to create community and connection.

However, we are more than a BBQ. Online we provide support, information and resources for the good of men’s health. BBQs are subject to change, check the site before attending.

[More Information ...](#)
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NEW SOUTH WALES: Bella Vista, Campbelltown, Cronulla, Ettalong Beach, Lake Macquarie, Maitland, Newcastle, Newtown, Narellan, Northern Beaches, Norwest, Orange, Surry Hills, Taree, Wagga Wagga, Wollongong, Wollstonecraft, Woy Woy



Kawana Mens Circle ~ Weekly

WHEN: Monday 6th, 13th, 20th, 27th June
TIME: 06:00 - 07:30
WHERE: Kawana Surf Club, 99 Pacific Blvd, Buddina QLD 4575
CONTACT: Conscious Men's Brotherhood (CMB) Sunny Coast
COST **FREE**

A place where men can come and be authentically themselves. A space where men can share what they are being with, navigating through and of course; a space where we as men acknowledge ourselves and celebrate the wins! So that we can take that winning vibration with us to start the week and take home to our loved ones.

[For more information ...](#)



Complete Men Group

WHERE: January In-Person - Wednesday 1st, 8th, 15th, 22nd June in Robina 18:45 - 21:00
WHERE: January In-Person - Thursday 2nd, 9th, 16th, 23rd June in Coomera 18:45 - 21:00
CONTACT: Tim on 0422 508 533
WEBSTE: www.completemen.org/mens-groups.html
COST **FREE**

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 Complete Men. We have 2 Online Groups every week. Wednesday & Thursday physical groups. Using the Zoom app, we are able to have up to 16 men join a virtual Men's group for 90 minutes. [More Information ...](#)



The Gathering

WHEN: Thursday 2nd June 18:45 - 21:30 (First Thursday of month)

WHERE: Freedom Float Centre, 5/105 W Burleigh Rd, Burleigh Heads QLD 4220

CONTACT: [Breathe Health Retreats](#)

EMAIL: <https://breathehealthretreats.com/contact-us/>

WEBSTE: BreatheHealthRetreats.com

COST \$25

The Gathering is a place where men and women gather to learn from one another, listen to each other, and discover their own truth. There is a different topic each month, please inquire with Breathe Health Retreats for more information.

It is run by members of our Gathering Crew, who in their own right are all experienced group facilitators and share a passion for creating spaces for people to be seen, heard, and grow. [More information ...](#)



OMG (Open Men's Group) at Chermside Library

WHEN: Thursday 2nd June 18:45 - 21:00 (First Thursday of month)

WHERE: Chermside Library, 375 Hamilton Road, Chermside QLD 4032, Australia

CONTACT: [Men's Wellbeing](#)

EMAIL: admin@menswellbeing.org

WEBSTE: <http://www.menswellbeing.org.au/>

COST **FREE**

OMG is happening at Chermside, Men sitting in a circle – being real and talking and listening and benefiting. Open Mens Group – FOR YOU OR A MAN YOU KNOW – That's an OMG!

[For more information ...](#)



Men's Weekly Connection – Gold Coast

WHEN: Saturdays 4th, 11th, 18th, 25th June (Every Week) 07:00 - 09:00
WHERE: Cougal Cascades, Currumbin Valley, Goast
CONTACT: Courageous Mens Collective, Jacob O'Neill 0407 067 240
EMAIL: jacob@mansmovement.com.au
WEBSTE: <https://www.facebook.com/Courageousmenscollective>
COST **FREE**

The flow:

- *Guided Meditation*
- *Breathwork Journey*
- *Cold Plunge Therapy*
- *Followed by Coffee and conscious chats at the local cafe – Pasture & Co.*

This is for you if...

- *You want a deeper connection with a conscious community of men.*
- *You need space to just be and receive as a man.*

More Information...



Free BBQ's

WHEN: Saturdays and Sundays in June varied times (Please Check)
WHERE: BBQ's for Community & Connection
CONTACT: Terry Cornick
WEBSTE: <https://mrperfect.org.au/>
COST **FREE**

Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found there something was missing in the support he accessed. Ironically his best mate called him “Mr Perfect” for years without knowing his struggle. However, we are more than a BBQ. Online we provide support, information and resources for the good of men’s health. BBQs are subject to change, check the site before attending. [More Information ...](#)

.....
QUEENSLAND: Burleigh Heads, Cairns, Gold Coast, Caboolture, New Farm, Brisbane, Maudsland, Moffat Beach, Toowoomba, Yeppoon

WESTERN AUSTRALIA



Free BBQ's

- WHEN:** Saturdays and Sundays in June varied times (Please Check)
WHERE: BBQ's for Community & Connection
CONTACT: Terry Cornick
WEBSTE: <https://mrperfect.org.au/>
COST **FREE**

Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found there something was missing in the support he accessed. Ironically his best mate called him “Mr Perfect” for years without knowing his struggle. Mr Perfect is a grassroots charity that brings men together at BBQs in local parks across Australia, to create community and connection.

However, we are more than a BBQ. Online we provide support, information and resources for the good of men’s health. BBQs are subject to change, check the site before attending.

More [Information ...](#)

.....

WESTERN AUSTRALIA: East Perth, Fremantle, Kalamunda, Mullaloo, South Perth

TASMANIA



Free BBQ's

- WHEN:** Saturdays and Sundays in June varied times (Please Check)
WHERE: BBQ's for Community & Connection
CONTACT: Terry Cornick
WEBSTE: <https://mrperfect.org.au/>
COST **FREE**

Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found there was something missing in the support he accessed. Ironically his best mate called him “Mr Perfect” for years without knowing his struggle. Mr Perfect is a grassroots charity that brings men together at BBQs in local parks across Australia, to create community and connection.

However, we are more than a BBQ. Online we provide support, information and resources for the good of men’s health. BBQs are subject to change, check the site before attending.

More [Information...](#)

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TASMANIA: Burnie, Kentish, Ulverstone

ACT



Free BBQ's

- WHEN:** Saturdays and Sundays in June varied times (Please Check)
WHERE: BBQ's for Community & Connection
CONTACT: Terry Cornick
WEBSTE: <https://mrperfect.org.au/>
COST **FREE**

Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found there was something missing in the support he accessed. Ironically his best mate called him “Mr Perfect” for years without knowing his struggle. Mr Perfect is a grassroots charity that brings men together at BBQs in local parks across Australia, to create community and connection.

ACT: Belconnen

REGULAR ONLINE EVENTS ...

Ordered by Day of The Week



Victorian Brotherhood Zoom Chat #RaiseAPen

- WHEN:** Monday 6th, 13th, 20th, 27th June 19:30 - 21:00
- WHEN:** Wednesday 1st, 8th, 15th, 22nd June 19:30 - 21:00
- WHEN:** Friday 3rd, 10th, 17th, 24th June 19:30 - 21:00
- WHEN:** Sunday 5th, 12th, 19th, 26th June 19:30 - 21:00
- WHERE:** Online/Virtual
- COST** **FREE**
- CONTACT:** <https://www.facebook.com/groups/VicroianBrotherhood>
- EMAIL:** info@victorianbrotherhood.info

SHARE this message, an initiative from Victorian Brotherhood Male Support and Suicide Awareness to break a culture revolving around drinking and substances to mask problems. Men supporting other men, how it should be.

A problem in society is many listen to respond, let's break that, we listen to understand. We run Zoom conversations working together to help our situations and change lives. So far seen so many lives changed. 4 nights a week, Monday, Wednesday, Friday and Sunday nights at 7.30 pm, growing as men together, talking, listening and learning from each other.

ACCEPT, UNDERSTAND, RESPOND. [More information ...](#)

**DATES & TIMES
NOT CONFIRMED
PLEASE CONTACT ORGANISER**



Authentic Men's Business – Online Men's Circle

- WHEN:** 6th, 20th June (Monday Fortnightly) 19:00 - 21:00
- WHERE:** Online
- CONTACT:** Authentic Men's Business
- WEBSTE:** <http://www.authenticmensbusiness.com/>
- COST** **FREE**

Authentic Men's Business – Online Men's Circle, 'Develop a deeper connection to Yourself, Your Purpose, Power & Expression as a Man.'

Brother, I invite you to a powerful evening of sitting in a circle sharing, connecting and learning together.

The intention of this Circle is to grow and develop a deeper connection to ourselves, our purpose, power and expression as Men. The evening will also provide a great opportunity to build and develop healthy relationships with other Men & improve our overall quality of relations.

The evening may include meditation, grounding exercises, sitting in a circle sharing our Truth as well as simple yet powerful process work born from the themes and challenges that come up for the group. Every Circle is different.

The Circle is Open to 12 Men Only. [More Information ...](#)



Man2Man – Men’s Online Forum

- WHEN:** 27th June (Last Monday of month) 19:30 - 20:30
WHERE: Online
CONTACT: Secret Mens Business (SMB)
WEBSTE: <https://www.facebook.com/groups/secretmensbusinessor>
COST **FREE**

MAN2MAN is a monthly online catch up open to all SMB members.

This event is scheduled for the last Monday of each month.

Each month Thomas Renshaw & Joe-y Busuttill host a forum with a different topic.

Topics will be based around MEN's Lifestyle, Mental Health, Behaviour, Emotions, Family, Relationships & Social Expectations. [More Information ...](#)



Menswellbeing ~ Common Ground

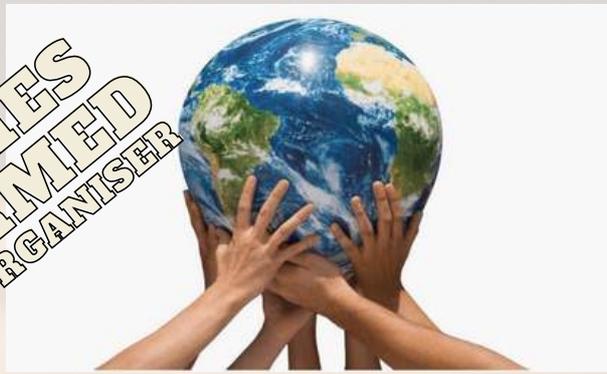
- WHEN:** Monday, Tuesday, Thursday in June 19:00 - 21:00
WHERE: [Online and Physical Open Men's Groups](#)
CONTACT: Nicholas Dob +61424 146 005
WEBSTE: <https://menswellbeing.org/omg/>
COST **FREE**

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 ...[More Information ...](#)

**DATES & TIMES
NOT CONFIRMED
PLEASE CONTACT ORGANISER**



The Whys Men's Community – Online Men's Group

WHEN: Tuesday 7th, 21st June every 2 weeks 13:00 - 14:30

WHERE: Online Group

CONTACT: Jordan Bouganim

EMAIL: bouganimjordan@gmail.com

COST **FREE**

The Whys Men's Community are Men from 3 continents, 5 time zones, speaking 5 languages, meeting on Zoom twice a month.

We have all been a part of this Facebook page. Why not take your connection with Men to the next level?

We offer you the opportunity to share with men from around the world in a confidential environment where vulnerability and trust are nurtured – a place to explore your “WHY” – a place to be authentic.

INTERESTED?

You can email me for all the details at: bouganimjordan@gmail.com. We meet every 2 weeks on Tuesday, 8 PM Eastern Standard Time (New York City) in North America, Sydney time 12 noon, Wednesday.

There is no charge to participate. [More Information ...](#)

**DATES & TIMES
NOT CONFIRMED
PLEASE CONTACT ORGANISER**



Primal Man Project – Virtual Men’s Circle

WHEN: Tuesday 7th, 21st June
TIME: 19:30 - 21:00
WHERE: Online/Virtual
CONTACT: <https://www.facebook.com/PrimalManProject>
EMAIL: jason@bluett.org
COST **FREE**

Primal Man Project – Virtual Men's Circle (Australian Time Zone)

Join us for Virtual Men's Circle via Zoom as we sit around the virtual fire and share what's really going on in our lives.

There was a time when men would sit around a FIRE each night and SHARE our LIVES, our CHALLENGES and our WINS.

That time is gone, but not forgotten.

A Place to:

- Drop the MASKS,
- CELEBRATE ourselves and each other,
- SHARE what's really going on,
- Get REAL,
- Get WISDOM from good men.

[More Information ...](#)



Gathering Men • On-Line Gathering

WHEN: Tuesday 7th June (First Tuesday of Month)
TIME: 19:00 - 20:30
WHERE: Online/Virtual
CONTACT: <https://www.facebook.com/gatheringmen>
WEBSITE: <https://gatheringmen.org/>
EMAIL: connect@gatheringmen.org
COST **FREE** Donations are Welcome

WHY

We believe Australian men need connection now more than ever before. So we've created a safe place for Men to do just that. This gathering is open to all men 21 years and over. The invitation extends to regulars & new men. Please share this invitation with a man you feel would benefit from the experience. Numbers are limited to ensure our gatherings remain intimate. [For more information ...](#)



One Dad ~ Free Online Sharing Circle

WHEN: Wednesday 15th June 20:00 - 22:00 (Third Wednesday of Month)
WHERE: Online
CONTACT: One Dad
EMAIL: onedadpod@gmail.com
WEBSTE: <https://www.facebook.com/onedadpod>
COST **FREE**

INTENTIONS OF THIS FB MEN'S GROUP:

- To create a unique conversation between men on a social media platform.
- To explore deeper, richer, and more meaningful conversations that make a difference to who we are as men, and to the lives of those around us.

[More Information ...](#)



Complete Men Group

WHERE: Online - Thursday 2nd, 9th June 18:45 - 21:00
CONTACT: Tim on 0422 508 533
WEBSTE: www.completemen.org/mens-groups.html
COST **FREE**

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 Complete Men. We have 2 Online Groups every week. Wednesday & Thursday physical groups. Using the Zoom app, we are able to have up to 16 men join a virtual Men's group for 90 minutes. [More Information ...](#)



Mankind Project - iGroups Online

WHEN: All days except Saturdays in June - Times Vary
WHERE: MKP Online Open Men's Groups
CONTACT: 1300 948 947 Varoious Facilitators
EMAIL: info@mankindproject.org.au
WEBSTE: <https://mankindproject.org.au/>
COST **FREE**

Men from all walks of life attend MKP iGroup. Individuals just like you. Fathers, sons, brothers, husbands and lovers. Educated and uneducated men. Professionals, tradies, educators, creatives, office workers, athletes, business people, labourers, artists, soldiers, and the unemployed. We are individuals of all ages, races, faiths, nationalities, creeds and sexual orientations.

What we share in common is that we each take responsibility for our lives, and who we are in the world. Through iGroup we support each other to become better men: more conscious, connected, and alive.

[More Information ...](#)



Online MenCheck-in ~ Mini-Men's Groups

WHEN: Lunchtime every day in June - Times Vary

WHERE: Online Open Men's Groups

EMAIL: info@mensgroups.co.uk

WEBSTE: <https://mensgroups.co.uk>

COST **FREE** Donations are Welcome

MenCheck-in was launched in response to the Coronavirus pandemic. It is currently running online every weekday at 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)

WHEN: Daily Check-ins every day in June - Times Vary

WHERE: MenCheck-In

EMAIL: info@mensgroups.co.uk

WEBSTE: <https://mensgroups.co.uk>

COST **FREE** Donations are Welcome

A MenCheck-In is a great space to share whatever's on your mind, release some pressure and connect with others in a confidential and non-clinical space. MenCheck-In was launched in early 2020, in response to the Coronavirus (COVID-19) pandemic and lockdowns around the world. It's one hour, mini-men's group currently running online every day, Mon-Sat 12.30 pm-1.30 pm, Sun 10.30 am-11.30 am. We start with two minutes of silence, followed by brief introductions, including how you're feeling at this moment. (You are under no pressure to share and can say "pass" at any time.)

[More Information ...](#)

**DATES & TIMES
NOT CONFIRMED
PLEASE CONTACT ORGANISER**



Voice Of Men ~ Addiction & Awareness

WHEN: Every Sunday 5th, 12th, 19th, 26th, 29th June

TIME: 10:00 - 10:30 Canadian ET

WHERE: Online/Virtual

CONTACT: [Voice of Men 360](#)

WEBSITE: <https://www.voiceofmen360.org/>

EMAIL: info@voiceofmen360.org

COST **FREE**

Voice of Men 360 is a non-profit organization, founded in 2020 and is based in Toronto, Canada. It is part of International Men's Day which is a global organization. IMD follows 6 Pillars – overall the wellbeing of boys and men. Men in most cases, don't talk about or discuss their life challenges, situations, struggles with anyone and that becomes more stress and pressure which is not only negatively affects them but also others around them.

[More Information ...](#)

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 450+ 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, to get a fully functioning listing it will need to be upgraded to a 'Paid' plan, starting at \$99 Per Year.

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 11 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, * The Male Journey (UK)
- * Mankind Project (MKP) - Australia/UK/Canada, * MenSpeak Men's Groups
- * Men's Wellbeing ~ Common Ground Trained, * Melbourne Men's Groups,
- * Menery Men's Group Network, * MensWork Project (Incl),
- * MensSpeak Men's Groups (UK), * Men's Team,
- * MensWork Project (Inc)
- * 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](#).

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, and 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 20 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.

MEN'S GATHERING BY MONTH

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. [Read more...](#)

FEBRUARY

No Gatherings currently ...

MARCH



TASMEN MEN'S GATHERING 2021

2022 Cancelled Due to Covid

Connect to your heart in the company of non-judgemental, authentic men. We will be in a beautiful beachside facility called Spring Beach Youth Camp, south of Orford. That means less travel for our 'Interstaters', with plenty of space, privacy and easy access to the beach. These are modern facilities with better showers, easier catering and bunk beds for 100 men. There will be great food and you will meet great blokes. Covid safe procedures will be in place. From 3 pm Fri.

If you have any questions email Barry Fleming, our 2021 Gatekeeper: barryfleming1@gmail.com

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



Next Gathering to be finalised ...

'Men across societies and the ages have always come together to pass on the knowledge, clues, tools and secrets of being vibrant, dynamic Men in the world. We are continuing this tradition.'

It's going to be awesome this event, help Men in your Networks to connect & share, and gain some valuable insights, into themselves and others.

We have many Workshops already confirmed for the first Online Men's Gathering (OMG).

3 Days: Keynotes | Workshops | Sharing Circles | Networking

Cost:
Pay What You Can \$0 - \$10 - \$20 - \$50,

If you can't, come for free. We'd still love to have you!

(From OnlineMensGathering.com/)

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/>)



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. [More Information ...](#)



IOM #? - METAMORPHOSIS

Four per year, April, 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.

The last 12 months have been a challenge for people all over the world and many have suffered incredible heartbreak and loss, to not just the pandemic but the mental issues it has brought upon us as a community.

We've also seen the power and incredible commitment of our communities, specifically our frontline health workers who have more than risen to the occasion when it was needed most. It is with these heroes in mind that the IOM committee decided to dedicate this event as an opportunity for all men to grow, evolve and thrive as we begin life again in 2021.

That's why we are excited to announce our next IOM event "Metamorphosis" on the 25th of April 2021 at Gilwell Park from 10 am to 6 pm (please arrive at 9 am for registration, coffee and catch-ups)

"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 a part 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!"

(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.

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/>)

MAY



Manshine 2021 is Friday 29th April – Monday 2nd May 2022

When the landscape has been burned and scarred, it may look to be alien, uninviting and desolate. In the natural world, a charred landscape can enable something fresh, new and energetic to emerge. Order can come from chaos.

Our landscape can regenerate.

How is your landscape doing?

Manshine 2022 has workshops to energise, question and explore – all the tools you need to help seed your own regeneration.

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 ...](#)



WISE MEN GATHERING

Wise Men Gathering 2022 - Yet to be confirmed

A Call to the men... to gather.....to connect and feel one another's presence.. to be heard and understood as men... to be seen and to see one another's vulnerability, our strength... to discuss what it is to be an authentic man in today's world...

Connect and meet together to examine and explore that which is missing in our modern world... our birthright. Few ways are truly open to us as men today, to prove our mettle and to test the limits of masculinity.

The frontiers now lie within ourselves, in our ability and capacity to bravely and honestly explore who we are, without macho ideals, and to discover the man we strive to be. Join us for a weekend of viewing, witnessing, and discussing the archetypes of modern masculinity.

[Read more ...](#)

JUNE



SYDNEY NATIONAL MEN'S GATHERING

2022 Gathering not scheduled yet

'Lost' *In life's journey, how do we know if we're going the right way?*

Even if we keep following all the usual signs will the safe, comfortable, familiar path ever really satisfy us? If we got lost would we find only fear or also help from strangers and from our own unexpected inner strengths.

At "Lost" 2021, we will endeavour to get lost together and to find more of ourselves. [More Information ...](#)

Check-in: from 4 pm to 6 pm on Friday 11th June

Check out: 3 pm Monday 14th June

Cost: \$460

Venue: Bamarang Bush Retreat 145 Bamarang Road, Bamarang, NSW 2540

JULY

No Gatherings currently ...

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.

(from <http://www.essentiallymen.net/>)

SEPTEMBER

No Gatherings currently ...

OCTOBER



MENERGY MEN'S GATHERING

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 is 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. [More Information ...](#)

BEDROCK

Getting to Bedrock is the metaphor for this gathering. Men getting to a place of solid ground, of deep sharing, broad discussion and living in the community. Some could call it a little bit of dream time, a time of exciting visioning and finding what is real in our lives.

This call to community is made by our Elders who ask you to come to Bedrock to join and be supported by them as we live for a time in communion and brotherhood.

Bedrock is based on the ancient mysteries of circle work, where each man is respected for their truth and each man is supported to stand in the circle to speak from their heart. Now and then we will break out and explore topics that intrigue us in the deeper space of smaller groups.

Conversations go where they need to go. What needs to be discovered and revealed - happens. Because of this organic nature, men attending will need to have experienced men's work in some form. We do not see Bedrock as suitable for a man's first dip into men's work. [More Information ...](#)

See EveryMan Men's Gathering above ...

See Island of Men ~ Melbourne above ...



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)

NOVEMBER



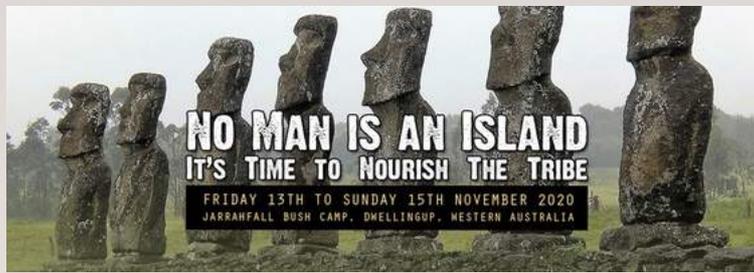
SOUTHERN MEN'S GATHERING

The Southern Men's Gathering, November 12th to 14th 2020, is a Men's only event created to improve the emotional wellbeing of men.

What 'The Integrated Man' 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.

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 communities, and you will have the opportunity to develop your emotional literacy.

We invite you to join us in exploring your unique expression of positive masculinity... [Read More ...](#)



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 everyday 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 of 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...



GATHERING MEN

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 ...](#)