

# Welcome to Cecil's Men's Hub

The 'Virtual Men's Gathering'

YOUR JOURNEY BEGINS ...



Feedback

Volume 4, Issue 3

\$2

## What's Happening in Men's Work in September 2021

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 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.

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 Men's Groups to get involved.

Thanks to Jedha Dening for writing the article in my newsletter, and for the Study into Type 2 Diabetes.

### 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..*

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

- Welcome
- Paid Newsletter Update
- Guest Article
- Special Annual Events
- Exciting Announcement
- Month Specific Events
- Regular Online Events
- Regular Content
- Yearly Men's Gatherings

## PAID NEWSLETTER - UPDATE

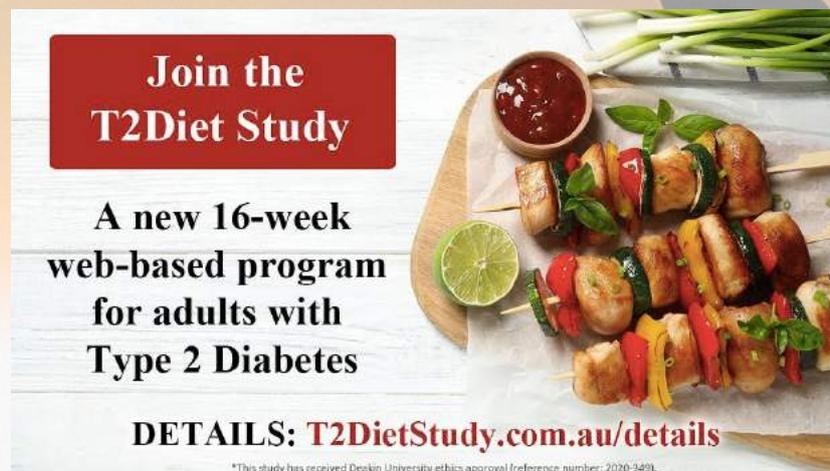
I want to thank all of the people that have downloaded a copy of the September Newsletter. Your contribution to my work is deeply humbling.

I'm very pleased to announce that 'The Banksia Project' will get a monetary amount of 10% from all July 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](mailto:newsletter@CecilsMensHub.com) with your recommendation.

## GUEST ARTICLE



**Join the  
T2Diet Study**

**A new 16-week  
web-based program  
for adults with  
Type 2 Diabetes**

**DETAILS: [T2DietStudy.com.au/details](https://T2DietStudy.com.au/details)**

\*This study has received Deakin University ethics approval (reference number: 2020-345).

## Improve Your Health with Type 2 Diabetes - Study

By Jedha Dening - Nutritionist, PhD Candidate

### Improve Your Health with Type 2 Diabetes

Type 2 diabetes affects about 51.2% of men across age groups 18+, with those 55 years and above being the most affected.

Living with type 2 diabetes doesn't have to mean progressively getting worse or taking more and more medications. Interestingly, that is once what was thought and sometimes it is still what people think. But emerging research continues to tell a different story.

People living with type 2 diabetes have one very useful tool that can dramatically improve their condition – the fuel they put into their engines. Or in other words, the foods that you put into your body.

Research shows an update to a person's eating plan can:

- Lower blood sugar and HbA1c levels
- Improve cholesterol and blood pressure
- Achieve weight loss and weight maintenance
- Reduce the risk of nasty complications
- And potentially reduce the need for diabetes medications

In fact, research in recent years has been demonstrating that people with type 2 diabetes can even reverse their condition, back to normal in some cases.

Why would fuel be so important?

It's a bit like putting diesel into a petrol motor. The engine will have difficulty firing, the car is going to run into trouble, then it won't run at all. When you put the wrong fuel into a body with type 2 diabetes, it clogs up the hoses throughout your engine and makes it more difficult for your cells to fire and do their job. With the right fuel source, your diabetes engine starts to run smoother and has more power to run efficiently.

You're probably thinking, it must require some excessive diet regime that you couldn't achieve. You've tried diets before and they don't work. Well, it happens too much simpler than you may think.

What if you could eat as much as you like until you're full? What if you could enjoy your barbecue, a juicy burger, and lots of other tasty meals? And still lose weight, lower your blood sugar, and achieve better health?

It is possible.

Sure, there will be some broad guidelines to follow and you have to be prepared to try them. But there can be great flexibility in your eating plan, while at the same time improving your health.

If this raises your curiosity, you're invited to join the T2Diet Study - a 16-week practical, easy-to-follow online program to support adults with type 2 diabetes to improve their health.

As a nutritionist, I got interested in researching dietary management of type 2 diabetes several years ago. I've taken all my years of research and knowledge of working with people and developed this new online program as part of my PhD via Deakin University. Plus, I had the help of people with type 2 diabetes across Australia in 2020, who participated in online groups to provide their feedback and input toward the program development.

To be eligible to join the program you must be 40+ years, have an HbA1c above 7.0% within the last 6 months, and of course, have access to a computer and the internet. Being all online, you can conveniently participate from anywhere.

This is a new program. No other program like it exists. No other research like this has been done so your participation not only benefits you but can help benefit others into the future.

For full study details, eligibility criteria and to join, visit: [T2DietStudy.com.au/details](https://T2DietStudy.com.au/details)

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](mailto:newsletter@CecilsMensHub.com).

## SPECIAL ANNUAL EVENTS



A CONVERSATION CAN CHANGE A LIFE

R U OK? inspire and empower everyone to meaningfully connect with the people around them and start a conversation with those in their world who may be struggling with life.

You don't need to be an expert to reach out - just a good friend and a great listener.

Got a feeling that someone you know or care about it isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. Learn more about the signs and when it's time to ask R U OK? here. [More Information ...](#)



Men's Coach Directory

**EXPRESSION OF INTEREST**

## EXCITING ANNOUNCEMENT

This is another project to fulfil my purpose:-

Are you a person that offers Coaching?

In many of the myriad of styles, and would like to be included in the 'Cecil's Men's Hub ~ Worldwide Men's Coach Directory', to help all Men on their journeys to become the best version of themselves?

If so, then please fill out the expression of interest form, you will be contacted with updates and progress.

# MONTH SPECIFIC EVENTS



**WHEN:** 1st September  
**TIME:** 19:30 - 21:00 (QLD)  
**WHERE:** Online  
**CONTACT:** Jason Bluett  
**WEBSITE:** <https://www.facebook.com/PrimalManProject>  
**EMAIL:** [jason@bluett.org](mailto:jason@bluett.org)  
**COST** \$2897.00

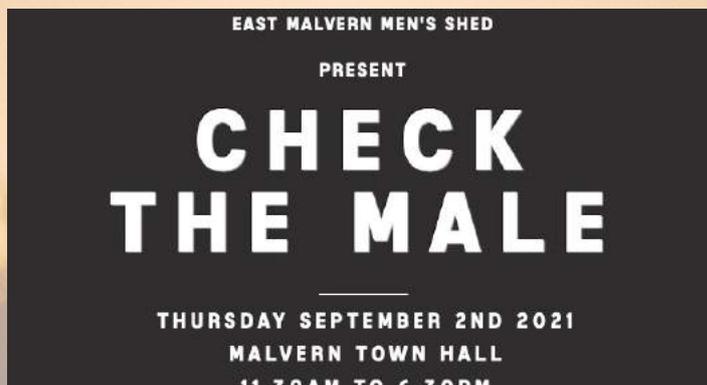
## Primal Man Project – Crafting Chieftains

COACHES, FACILITATORS AND CREATORS - FEELING OVERWHELMED, CONFUSED AND A LITTLE LOST?

You have a powerful CALLING to impact the world...

Over 12 immersive weeks online you will

[.More Information ...](#)



**WHEN:** 2nd September  
**TIME:** 10:30 - 18:00  
**WHERE:** Malvern Town Hall, 251 High Street, Malvern VIC  
**CONTACT:** Men of Malvern  
**WEBSITE:** <http://www.menofmalvern.com.au/>  
**EMAIL:** [info@menofmalvern.com.au](mailto:info@menofmalvern.com.au)  
**COST** FREE

## Check The Male 2021

Check The Male 2021, Men of Malvern Inc. is a local group supporting the health and welfare of men. Established in 2013, Men of Malvern have previously hosted health forums like the East Malvern Men's Shed.

The two groups have come together to offer our communities an opportunity to access important health knowledge.

In the lead up to Father's Day 2021, we're excited to present our next health forum 'Check the Male 2021'

Our event is about offering our community an opportunity to access important health knowledge in an open environment where both men and their partners are welcome, covering a range of important issues relevant to both men and women.

**SCHEDULE:** Talks held in Banquet Hall, located behind the Main Hall

[More Information ...](#)



**POSTPONED**

A 3 day gathering of men supporting each other to be real so we can show up as we are instead of how we're supposed to be.

**WHEN:** 3rd - 6th September  
**TIME:** 18:00 - 14:00  
**WHERE:** Camp Eureka, 100 Tarrango Rd, Yarra Junction, Vic 3797  
**CONTACT:** EveryMan, +61455 337 004  
**WEBSITE:** <https://www.facebook.com/Everyman-Yarra-Valley-11500409280415>  
**COST:** \$77.00

## Everyman Yarra Valley

“Everyman Yarra Valley” this successful event is on a hiatus. Join us over three days to reconnect with yourself, others and nature.

A few of us blokes wanted to keep the fire burning and other men’s group events. The intention was to create smaller events in the area, creating out ripples of Men’s Health and making it more affordable and accessible.

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

This will be the 6th Everyman Yarra Valley. Those who’ve attended previous gatherings know what a great opportunity it is to meet and enjoy the company of other blokes who are up for being real, dropping the brain, and experiencing the gift of each other’s presence.

[More Information ...](#)

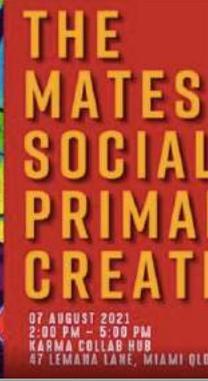
## The Mateshop Social “Primal Creative”

When men are provided with the space to be creative, they surprise themselves! Come and surprise yourself. Men expressing themselves through functional creativity is a great way to be present at the moment. Creative art therapy allows people to express how they are feeling through different mediums, such as art, dance, music, or poetry. Art therapists use these mediums to improve cognitive and motor function, improve self-esteem and self-awareness.

Men thrive in this environment, so grab your tickets and become a Primal Creative through so if you feel called to create, then this event is for you.

Bring your own project or create one with us.

[More Information ...](#)



**WHEN:** 11th September  
**TIME:** 14:00 - 17:00 QLD  
**WHERE:** Karma Collab Hub, 47 Lemana Lane, Miami QLD  
**CONTACT:** Steve Morley  
**WEBSITE:** <https://www.themateshop.com.au/>  
**EMAIL:** [themateshopgc@gmail.com](mailto:themateshopgc@gmail.com)  
**COST:** \$25



**WHEN:** 11th - 12th September

**TIME:** 09:00 - 17:00 QLD

**WHERE:** Goldcoast, Queensland

**CONTACT:** The Blue Wren Foundation 0400 424 417

**WEBSITE:** <https://www.bluewrenfoundation.com/>

**EMAIL:** [bluewreninfo@bigpond.com](mailto:bluewreninfo@bigpond.com)

**COST** FREE

## Line in the Sand (LITS) – Relationship Education Program for Leaders

This is an invitation for male LEADERS who would like to be part of making a huge difference in the world. This is a callout to men in leadership roles to step into a safe, confidential and professionally facilitated process of exploration, discovery, self-evaluation and skill-building. It's an invitation for you to join us on a newly formatted, and special 'Line in the Sand' Relationship Education Program for Leaders on Saturday 11th and Sunday 12th October on the Gold Coast. There will also be a range of ongoing one to one follow up support calls (phone or zoom) after these two days.

Attending may take some leadership courage from you, and even a little bit of vulnerability, as this is leading, cutting edge work, with a paradigm shift away from previous men's programs. This leadership-focused program will inspire you to be a community way-shower in promoting more positive, harmonious relationships. There will only be 24 places available for this special Leaders LIT program.

[More Information ...](#)



**WHEN:** 14th September

**TIME:** 19:00 - 21:00

**WHERE:** Online

**CONTACT:** Brendon Giebel - Advanced Men's Development

**WEBSITE:** <https://www.advancedmensdevelopment.com.au/>

**EMAIL:** [brendon@advancedmensdevelopment.com.au](mailto:brendon@advancedmensdevelopment.com.au)

**COST** FREE

## Home, Mind & Body

Home, Mind & Body, I'm co-hosting with 3 amazing ladies next month.

Everyone is welcome to this FREE live event!

**\*\* Be sure to register as seats are limited \*\*** Link is Below

What is the relationship between Mind, Body and Home?

It is our mental health that determines how we function day-to-day, but the body holds everything else.

Currently, there's evidence showing a direct correlation between physical and mental wellbeing – they are so connected it shapes every aspect of life: food choices, home environment, people around us.

[More Information ...](#)



**WHEN:** 24th - 26th September  
**TIME:** 16:00 - 13:00 QLD  
**WHERE:** Camp Bornhoffen PCYC Leadership Development Centre, 3510 Nerang Murwillumbah Road Natural Bridge  
**CONTACT:** Men's Help Group Australia  
**WEBSITE:** <https://bit.ly/3ynPzUU>  
**EMAIL:** [menshelpgroupaustralia@gmail.com](mailto:menshelpgroupaustralia@gmail.com)  
**COST** \$595.00

## Men's Inspired Retreat

LIMITED TO ONLY 60 TICKETS.

What you will receive- 3 Days 2 nights Cabin style accommodation. All meals and snacks provided. All workshops and activities provided

- Clinical Psychologist Discussion Q& A Specialist in health nutrition and well being
- Morning and evening meditation
- Self-defence focusing on mindfulness & awareness
- Legal discussions, how best to protect yourself when life changes
- Drumming and percussion workshop
- Self-confidence workshop through movement and music
- Goal setting and creating what you want in life.

So come and relax with like minded gents, share a cup of tea and coffee around the campfire discussing different ideas while creating long-life friends and associates in a warm and comfortable environment.

[More Information ...](#)



**WHEN:** 25th September  
**TIME:** 14:00 - 17:00 QLD  
**WHERE:** 1079 Coway Rd Conway QLD 4800  
**CONTACT:** Real Mates Talk  
**WEBSITE:** <https://realmatestalk.com.au/>  
**EMAIL:** [sheaward@selectability.com.au](mailto:sheaward@selectability.com.au)  
**COST** Gold Coin

## Suicide Awareness Event – Whitsunday Ballers

Suicide Awareness Event – Whitsunday Ballers, all proceeds from the event will be donated to “Real Mates Talk”. Real Mates Talk will also be providing information on Mental Health awareness and where to go to seek support. This will be a family-friendly actioned packed day where members of the community can come together and raise awareness on suicide.

**\*\*Whitsunday Ballers & Real Mates Talk\*\***

Around three-quarters of the people who die by suicide in the Whitsunday, Isaac and Mackay region are men. These men are aged from teenagers to the elderly – they are our brothers, sons, husbands, workmates, friends and neighbours. The Real Mates Talk men's campaign intends to prevent suicide attempts and deaths of men in our community and support them to connect with others and live well.

[More Information ...](#)

# REGULAR AND ONLINE EVENTS ...



## Victorian Brotherhood Zoom Chat #RaiseAPen

- WHEN:** Monday 6th, 13th, 20th, 27th September 19:30 - 21:00
- WHEN:** Wednesday 1st, 8th, 15th, 22nd, 29th September 19:30 - 21:00
- WHEN:** Friday 3rd, 10th, 17th, 24th September 19:30 - 21:00
- WHEN:** Sunday 5th, 12th, 19th, 26th September 19:30 - 21:00
- WHERE:** Online/Virtual
- CONTACT:** <https://www.facebook.com/groups/VictorianBrotherhood>
- EMAIL:** [info@victorianbrotherhood.info](mailto:info@victorianbrotherhood.info)
- WEBSTE:** <https://victorianbrotherhood.info/>
- COST**        **FREE**

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 changing 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 ...](#)



## Authentic Men's Business – Online Men's Circle

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

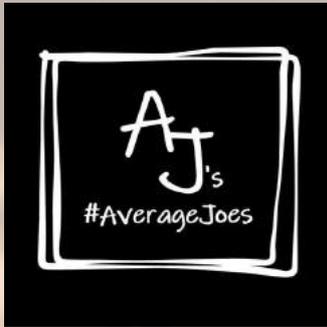
Authentic Men's Business – Online Men's Circle, 'Develop a deeper connection to Yourself, Your Purpose, Power & Expression as a Man.'

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 relating.

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 ...](#)



## Average Joes Weekly Meetups

- WHEN:** Monday 6th, 13th, 20th, 27th September 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 September 19:30 - 21:00  
**WHERE:** Kenilworth QLD 09:00 - 10:00  
**WHEN:** Wednesday 1st, 8th, 15th, 22nd, 29th, 30th September 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 September 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 September 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.



## Man2Man – Men’s Online Forum

- WHEN:** 27th September (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.

MONDAY 26th MAY @ 7.30 PM -8.30 PM.

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

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



## Mongrels Men Meet Up

- WHEN:** Monday 6th, 13th, 20th, 27th September 06:15 - 07:30 Weekly  
**WHEN:** Wednesday 1st, 8th, 15th, 22nd, 29th September 06:15 - 07:30 Weekly  
**WHEN:** Friday 3rd, 10th, 17th, 24th, September 06:15 - 07:30 Weekly  
**WHERE:** Dee Why Beach, NSW, Australia  
**CONTACT:** Instagram @mongrelsmen Facebook @mongrelsmen  
**EMAIL:** [mongrelsmen@gmail.com](mailto: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.



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

- WHEN:** 6th September (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

**2021 L.E.A.P. for your Life!**

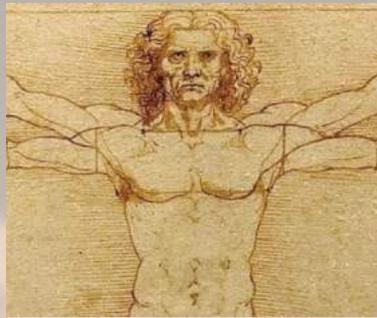
### Life Empowerment and Achievement Program

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.

#### 2 LEVELS OF ENROLMENT

1. CASUAL / VISITOR You can elect to attend at random (until we have 12 committed men). \$50 per night
  2. L.E.A.P. 'LIFE ENRICHMENT AND ACHIEVEMENT PROGRAM'  
11-month membership \$397 [More Information...](#)
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## Men with Spirit Men's Group

- WHEN:** Monday 6th, 13th, 20th, 27th September 19:00 - 31:00 Weekly  
**WHERE:** 52 Kars St, Frankston VIC 3199, Australia  
**CONTACT:** Peter Anthony - 0419 440 665 Steve Angel - 0418 143 969  
**EMAIL:** [connect@menwithspirit.com.au](mailto:connect@menwithspirit.com.au)  
**WEBSTE:** <http://www.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](#)



- WHEN:** Mondays 6, 13, 20 Thursdays 2, 9, 16, 23, 30 Fridays 3, 10, 17, 24 September  
**WHERE:** Online - Times Vary.  
**CONTACT:** Teddy Churchill 970-618-3376  
**EMAIL:** [tchurchill@mensleadershipalliance.org](mailto:tchurchill@mensleadershipalliance.org)  
**WEBSTE:** <https://www.mensleadershipalliance.org/us/>  
**COST** FREE Donations are Welcome

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. [All Days Men Ages 18+. More Information ...](#)



## Menswellbeing ~ Common Ground

**WHEN:** Monday, Tuesday, Thursday in September 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 again ....don't just say you will! We want to connect with you too. Join our OMG meetings to experience the wholesome opportunity to connect with good men ...More Information ...

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## Warrior Within Men's Circle (Melbourne)

**WHEN:** 28th September (4th Tuesday of Month) 19:30 - 20:30  
**WHERE:** The Fifth Direction, 82 St Kilda Rd, St Kilda, Melbourne, 3182,  
**CONTACT:** Asher Packman  
**EMAIL:** [asherpackman@gmail.com](mailto:asherpackman@gmail.com)  
**WEBSTE:** <http://www.warrior-within.com.au/>  
**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](http://www.warrior-within.com.au)). Booking and ticket purchase is required for non-members only.

[More Information ...](#)



## Men's Health and Wellbeing Group (AM/PM)

- WHEN:** Tuesdays 7th, 21st September (Every 2 Weeks) 12:30 - 20:30  
**WHEN:** Thursdays 2nd, 9th, 16th, 23rd September 18:30 - 21:00  
**WHERE:** Daylesford Neighbourhood Centre, 13 Camp St, Daylesford VIC 3460  
**CONTACT:** Greg Govinda  
**EMAIL:** [greggovinda@gmail.com](mailto:greggovinda@gmail.com)  
**WEBSTE:** <https://www.facebook.com/OneMansHeart>  
**COST** \$70-\$75 (Concession \$50-\$54)

Men's Health and Wellbeing Group, weekly 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. As part of this work we look at various themes of what makes and fulfils a man; connecting with what is important personally as well as, as a group. [More Information ...](#)



## Primal Man Project – Virtual Men's Circle

- WHEN:** Tuesday 7th, 14th, 21st, 28th September  
**TIME:** 20:00 - 21:30  
**WHERE:** Online/Virtual  
**CONTACT:** <https://www.facebook.com/PrimalManProject>  
**EMAIL:** [jason@bluett.org](mailto:jason@bluett.org)  
**COST** **FREE**

- ISOLATED? \* DISCONNECTED? \* CHALLENGED? \* LOOKING FOR A GROUP OF GOOD MEN?

There was a time when we sat around the fire to share what was going on in our lives. Share the challenges, the triumphs, and just be men. We've lost that.

[For more information ...](#)



## Conscious Men's Brotherhood (CMB) Sunny Coast ~ Walk

**WHEN:** Tuesday 7th, 14th, 21st, 28th, 31st September  
**TIME:** 06:00 - 07:00  
**WHERE:** Moffat Beach, Sunshine Coast, Queensland  
**CONTACT:** <https://www.facebook.com/groups/CMBSunnyCoast>  
**COST** **FREE**

Meeting every two weeks on a Tuesday morning at 6 am down at Moffat Beach. Men sharing & growing the wins & challenges of being a Man. And wanting to explore and embody to BE the best version of ourselves possible

[For more information ...](#)

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## Gathering Men • On-Line Gathering

**WHEN:** Tuesday 7th September (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](mailto: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 ...](#)



## Melbourne Men's Group

**WHEN:** Tuesday 7th, 14th, 21st, 28th September 19:30 - 21:30

**WHERE:** North Fitzroy, Highett, Werribee South, Warrandyte

**CONTACT:** MMG on 1300 96 7474

**WEBSTE:** MensGroup.Melbourne

**COST**      **FREE**

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. Contributions welcome.

More Information ... 4 Chapters of Groups across Melbourne: Central, Eastern, Southern and Western

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## Kulin Open Group for Men

- WHEN:** Tuesday 7th, 14th, 21st, 28th September- 18:30 - 21:00 Weekly
- WHERE:** Online 14th, 28th September 2-Weekly.
- WHERE:** In-Person - 7th and 21st 2-Weekly Ashmore Street, Brunswick VIC
- CONTACT:** Demian Natakhan 0468 309 863
- EMAIL:** [info@mkpvic.com.au](mailto:info@mkpvic.com.au)
- WEBSTE:** <http://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, son's, husbands, professionals, partners and more. [More Information ...](#)



## Men Talking About Feelings. AGW

- WHEN:** Tuesday 7th, 21st September, 18:30 - 22:30 (Every fortnight)
- 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 ...](#)



## One Dad ~ Free Online Sharing Circle

**WHEN:** Wednesday 15th September 20:00 - 22:00 (Third Wednesday of Month)

**WHERE:** Online

**CONTACT:** One Dad

**EMAIL:** [onedadpod@gmail.com](mailto: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 18:45 - 21:00

**WHERE:** In-Person - Wednesday 1st, 8th in Robina 18:45 - 21:00

**WHERE:** In-Person - Thursday 2ns, 9th in Coomera 18:45 - 21:00

**CONTACT:** Tim on 0422 508 533

**WEBSTE:** [www.completemen.org/mens-groups.html](http://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 September 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](http://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. [For more information ...](#)



## OMG (Open Men's Group) at Chermside Library

- WHEN:** Thursday 2nd September 18:45 - 21:00 (First Thursday of month)  
**WHERE:** Chermside Library, 375 Hamilton Road, Chermside QLD 4032, Australia  
**CONTACT:** [Breathe Health Retreats](#)  
**EMAIL:** [admin@menswellbeing.org](mailto: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 ...](#)



## Build a Brotherhood - Men's Group

- WHEN:** 2nd, 16th September (1st and 3rd Thursdays of the Month ) 18:30 - 20:00  
**WHERE:** Mooroolbark Eastern Suburbs, Melbourne  
**EMAIL:** Build a Brotherhood [admin@buildabrotherhood.com](mailto:admin@buildabrotherhood.com)  
**WEBSTE:** <http://BuildaBrotherhood.com>  
**COST** **FREE**

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

After losing her brother to suicide, it made her realise the lack of support for men's mental health, the facilitator has been trying to Build A Brotherhood. 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.

We welcome all *Men* to come to join us for our Brotherhood meet up. Men come for support, to share their experiences or to listen. Bring a chair, snacks and a soft drink. [More Information...](#)

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## Island of Men - Men's Sharing Circle

- WHEN:** Thursday 2nd September (First Thursday of Month) 19:00 - 21:00  
**WHERE:** [Online](#)  
**CONTACT:** <https://www.facebook.com/IslandOfMen>  
**EMAIL:** [adrian@islandofmen.com](mailto:adrian@islandofmen.com)  
**WEBSTE:** [Islandofmen.com](http://Islandofmen.com)  
**COST** **FREE**

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. Island of Men (IOM) is a not-for-profit organisation dedicated to creating transformational spaces for men. Our belief is simple; men's work to support men, women and the wider community. Zoom link will be emailed to you 30 minutes before the event commences. [More Information ...](#)



## Mammoth Hunters Weekly Group Video Men's Chat

**WHEN:** Thursdays 2nd, 9th, 16th, 23rd September 19:00 - 20:00

**WHERE:** Online

**WEBSTE:** <https://www.facebook.com/groups/2503983306556483/>

**COST** **FREE**

*Group · Members of Mammoth Hunter's Club – overcome adversity, regain purpose, seek adventure  
Our Last Group Zoom Video Chat Was A Success.*

*“The next will be bigger and better”. It was awesome to meet some of our new and existing members, putting faces and voices to their names. We introduced ourselves, shared our interests, goals, challenges and really just chatting about anything on our minds. [More Information...](#)*



## Ballarat Men's Support Group

**WHEN:** Thursdays 2nd, 16th, 30th September (Every Two Weeks) 18:45 - 21:00

**WHERE:** Ballarat

**CONTACT:** Andrea Tindiani

**EMAIL:** [andreatindiani@mail.com](mailto: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...](#)



## The Man Walk ~ Philip Island

- WHEN:** Every Friday morning 3rd, 10th, 17th, 24th September  
**WHERE:** Corner of Church Street and Thompson Avenue, Philip Island  
**CONTACT:** 1300 948 947 Various Facilitators  
**EMAIL:** [malmccann53@gmail.com](mailto: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



## Men's Weekly Connection – Gold Coast

- WHEN:** Saturdays 4th, 11th, 18th, 25th September (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](mailto: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.*
- *You want to spend time in nature and become more present*
- *You want to slow down the mind and connect with your heart.*

[More Information...](#)

## Mankind Project - iGroups Online????

**WHEN:** All days except Saturdays in September - Times Vary

**WHERE:** Online Open Men's Groups

**CONTACT:** 1300 948 947 Various Facilitators

**EMAIL:** [info@mankindproject.org.au](mailto:info@mankindproject.org.au)

**WEBSTE:** <https://mankindproject.org.au/>

**COST** **FREE**

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.



## Men's Group Online

**WHEN:** 15 Men's Group per Month in September

**WHERE:** Online

**CONTACT:** Craig Wyld 03 8658 4080

**EMAIL:** [craig.w@mensgrouponline.com.au](mailto:craig.w@mensgrouponline.com.au)

**WEBSTE:** [MensGroupOnline.com.au](http://MensGroupOnline.com.au)

**COST** **14 Day FREE Trial, then \$47 per month**

Men's Group Online is a social enterprise that 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).

.....  
Current Men's Group Online Schedule: Every Sunday 5:00 pm Brisbane Time

Welcome to MGO - Induction Session - 60 Mins Every Sunday 6:45 pm Brisbane Time

Men's Group Online (MGO) Session - 120 Mins Every Tuesday 6:45 pm Brisbane Time

Men's Group Online (MGO) Session - 120 Mins Every Thursday 1:15 pm Brisbane Time

Men's Group Online (MGO) Session - 120 Mins [More Information...](#)



## Online MenCheck-in ~ Mini-Men's Groups

**WHEN:** Lunchtime every day in September - Times Vary

**WHERE:** Online Open Men's Groups

**EMAIL:** [info@mensgroups.co.uk](mailto: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 September - Times Vary

**WHERE:** MenCheck-In

**EMAIL:** [info@mensgroups.co.uk](mailto: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 ...](#)



## Free BBQ's now online

- WHEN:** Saturdays and Sundays in September 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. BBQ's subject to change, check the site before attending. [More Information...](#)

.....  
**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, Lilydale **WA** South Perth, WA



## Voice Of Men ~ Addiction & Awareness

- WHEN:** Every Sunday 5th, 12th, 19th, 26th September  
**TIME:** 10:00 - 10:30 Canadian ET  
**WHERE:** Online/Virtual  
**CONTACT:** [Voice of Men 360](#)  
**WEBSITE:** <https://www.voiceofmen360.org/>  
**EMAIL:** [info@voiceofmen360.org](mailto: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, 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 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,
- \* Menergy 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, 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 15 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

Friday 5th – Monday 8th March

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](mailto:barryfleming1@gmail.com)

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



Friday 26th – Sunday 8th March

'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/](https://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](https://facebook.com/islandofmen)) leading up to the event so make sure you like the page to ensure you are receiving updates.

Looking forward to seeing you at 'Island of Men - This is Me' (From IOM <https://islandofmen.com/>)

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## EVERYMAN MEN'S GATHERING

Twice per year, May and November

When: See dates and times in specific months events

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

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

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

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



## IOM #6 - 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 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!"*

*(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](https://facebook.com/islandofmen)) leading up to the event so make sure you like the page to ensure you are receiving updates.

Looking forward to seeing you at 'Island of Men - This is Me' (From IOM <https://islandofmen.com/>)

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**MAY**



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

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 2021 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 2021 is Friday 21st May – Sunday 23rd May 2021

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 ...](#)

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## JUNE



## SYDNEY NATIONAL MEN'S GATHERING

11th – 14th June 2021

*'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

[Book Now](#)

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

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## JULY

No Gatherings currently ...

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## AUGUST



Get more out of life

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

Renewal, change, understanding...freedom

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

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

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

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## SEPTEMBER

No Gatherings currently ...

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## 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](http://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. [More Information ...](#)

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## 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 ...](#)



## MANHOOD

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

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

The gathering is held at beautiful Camp Bornhoffen, Numinbah Valley in the McPherson Ranges of the Gold Coast Hinterland. Retreat to mountain country, fresh air, a mountain stream with a waterfall, bonfires and spectacular views. (from [ManHood.org.au](http://ManHood.org.au))



## 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.

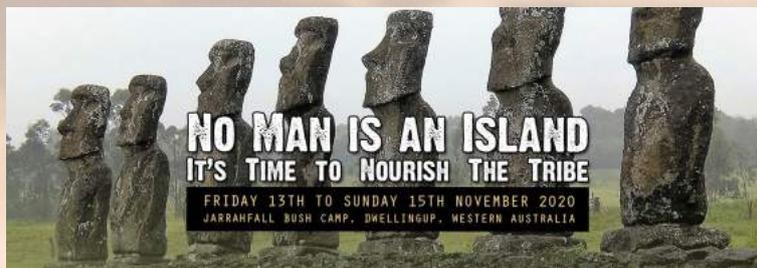
This event will run counter to the often narrow and repressive culture of traditional masculinity, where superficial conversation, competitiveness, disconnection and suppression of emotion tend to rule. Instead, you will connect deeply with other men, form support networks and community, and you will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

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

# NOVEMBER

See EveryMan Men's Gathering 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 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 ...](#)