

Welcome to Cecil's Men's Hub

The 'Virtual Men's Gathering'

YOUR JOURNEY BEGINS ...



Feedback

Volume 4, Issue 5

\$2

What's Happening in Men's Work in November 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.

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

CONTENT

- WELCOME
- PAID NEWSLETTER UPDATE
- COACH ARTICLE
- EXCITING ANNOUNCEMENT
- SPECIAL ANNUAL EVENTS
- VIC SPECIFIC PHYSICAL EVENTS
- NSW SPECIFIC PHYSICAL EVENTS
- QLD SPECIFIC PHYSICAL EVENTS
- SA SPECIFIC PHYSICAL EVENTS
- MONTH SPECIFIC ONLINE EVENTS
- REGULAR PHYSICAL EVENTS ...
- REGULAR ONLINE EVENTS ...
- REGULAR CONTENT
- YEARLY MEN'S GATHERINGS

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 September Newsletter. Your contribution to my work is deeply humbling.

I'm very pleased to announce that 'Marcus Mission' will get a monetary amount of 10% from all November 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.

MEN'S COACH ARTICLE



Be Yourself!

By Kean Buckley
KeanBuckley.com

The best thing I can say this month is Be Yourself!

Hello reader, I hope this finds you well, no matter where you are, on your life journey.

I intend to share a brand-new modality based on the source of all things that can help you clear blocks, balance your energy and empower yourself at a level you otherwise wouldn't.

I intend to give you an accurate Life Matrix Grid at zeroplusnine.com, free to get you started. The website and my monthly columns will give you the tools to navigate your life successfully.

My name is Kean (same as Cian the son of the first King of Ireland). I have a 91-year-old religious actor father and mother (passed) who was a world-class astrologer.

They loved, they made me, they clashed, they broke up. Because they didn't think they could be themselves with one another. I co-founded a successful modality called Be Yourself (now everyone talks authenticity) with my ex-wife and we spent 14 years running 150 local and international retreats helping people be themselves again (the key to happiness).

We lose the key to life. When we lose ourselves. The easiest way to lose yourself is to lose responsibility and start to blame – which is to assign the cause of your life outside of your control. We found too many people were stuck blaming others (parents) for their life's quality.

One of my favourite stories – is of two men who had the same kind of terrible childhood – one used it to become a success – the other used it to blame and fail. The interesting point is that they were twins. Life is all about choice.

My life has been about helping people choose to be authentic and responsible – which means allowing life to flow with us, not against us.

Success is natural to us. It sounds easy, but it is amazing how we can mess up our lives, by holding grudges with people, or situations that we can't change. In my work, I can show you that the day you are born holds keys to your ego and personality that you must overcome to enjoy this natural real success.

We all have a journey – called a life path – and I can show you the way you travel to get back to you. Your inner self.

There are two days in your life – the day you are born and the day you find out why!

I learned that too many people prefer to be stuck in blame, fed by an ego mindset, rather than look within and discover the soul. Yes, life can be tough, but we are the one's making it tougher via mindsets that create poorer lives.

Trust me on this. Life is all in the mind. All is mental. Just be clear on the mind you listen to. Thoughts become things and words create worlds. My new modality explains the vibrations of mind and soul. One wins, one doesn't.

Our job is to be happy and over the months writing for you, I hope to share how you can be truly, deeply happy, no matter what. It takes work, it isn't like sprinkling icing over a rotten cake.

I suggest we get you back in touch with your nature and you follow the life you were born to live. I can teach you that. This is why I founded 'Be Yourself' – which has an obvious message, but show me the guy that is doing it, and I'll show you a happy man. It all comes back to being happy – that's how you know you have arrived. We all have days, even periods of our life that are amazing, and we all encounter foul weather.

Success is about how you handle life's weather and when negative, the speed with which you return to natural success and happiness. There are two selves in play and our job is to show you how to live in the spiritual signature of your soul.

Kean Buckley is a life mentor with an unusual skill set. He co-founded 'Be Yourself' and ZeroPlusNine.com He has been involved in men's work since 2006 and has 4 daughters.

You book a free catch up on calendly.com/happy-2 or keanbuckley.com

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.

SPECIAL ANNUAL EVENTS



Men are dying too young. We can't afford to stay silent.

It's time to speak up ...

Our fathers, partners, brothers and friends are facing a health crisis, yet it's rarely talked about. Men are dying too young. We can't afford to stay silent.

We are the leading charity changing the face of men's health. We know what works for men – and what doesn't.

1. [Mental health and suicide prevention.](#)
2. [Prostate Cancer](#)
3. [Testicular Cancer](#)

By 2030, we aim to reduce the number of men dying prematurely by 25%.

[More Information ...](#)

EXCITING ANNOUNCEMENT



COMING IN 2022 MEN'S COACH DIRECTORY

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

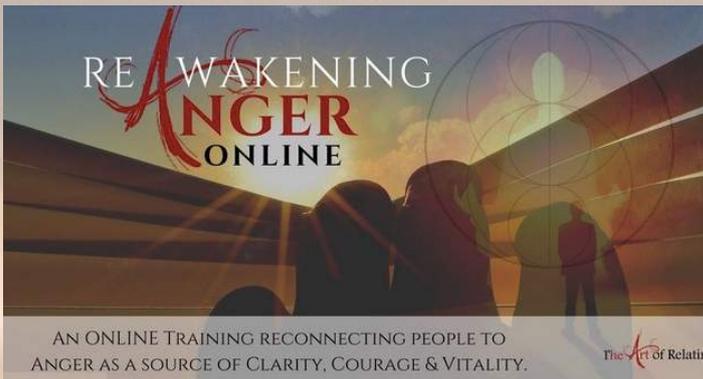
Model & Support of a Coach that has the wisdom and knowledge through walking their own path. If so, then please fill out the expression of interest form, you will be contacted with updates and progress.

EXPRESSION OF INTEREST

MONTH SPECIFIC PHYSICAL EVENTS

Ordered by State and Territory

VICTORIA



WHEN: Friday 5th November 19:00 - 21:30
WHEN: Saturday 6th & Sunday 7th
TIME: 1-3 pm & 4-6 pm
WHERE: Online
CONTACT: The Art of Relating, ++61401357752
WEBSITE: <https://www.theartofrelating.com.au/>
EMAIL: Gero@TheArtofRelating.com.au
COST \$285.00

ReAwakening Anger – November 2021

ReAwakening Anger has been informed by years of delivering Reclaiming Anger to hundreds of people and now allows you to explore the topic of Anger with us from the comfort of home.

As part of our bigger Reclaiming Anger Program, it offers you the opportunity to reconnect to Anger as a source of clarity, courage and vitality.

“One of the most powerful therapeutic processes I have ever been involved in. I had no idea how much fear I had about expressing my anger and how much energy and clarity I was denying myself because of that fear. I feel so alive, it’s incredible.”

[.More Information ...](#)



WHEN: 12th - 14th November
TIME: 16:00 - 12:45
WHERE: Bellingen Shire, New South Wales
CONTACT: Narrative Yoga, +61424993366
WEBSITE: <https://fatheringadventures.com.au/>
EMAIL: info@fatheringadventures.com.au
COST \$799.00

“Fathering Boys” ~ Father and Son Adventure Weekend

Most men fall short in their Fathering because they have forgotten what they had wanted and needed from their Dads when they were boys.

Our guided “Fathering Boys” Father and Son Adventure Weekend experiences help fathers and their younger sons (7-13 years) have healthier relationships, stronger bonds, and a deeper understanding of one another.

What? A rich investment made by Dads or father-figures, into the lives and futures of their sons, and their relationships with them.

Who for? For boys aged 7-13 years inclusive, and their Dads, or father-figures.

[.More Information ...](#)



WHEN: 12th November
TIME: 09:00 - 17:00
WHERE: Currawong Bush Park, 269-Reynolds Rd, Doncaster East VIC 3109
CONTACT: [MMG 1300 96 7474](tel:MMG1300967474)
WEBSITE: <http://www.mensgroup.melbourne/>
EMAIL: info@mensgroup.melbourne
COST \$95.00

Soulwork Workshop – November

Soulwork Workshop, facilitated by David Mallard, President of Melbourne Men's Group, this program is an introductory 'taster' program for the Soulcraft (TM) body of work developed by Bill Plotkin PhD founder of Colorado's Animas Valley Institute: <https://animas.org/> and represented in Australia by Soulcraft ANZ Inc. <https://soulcraftanz.com/>.

The Soulwork program is for men and women.

During the day we'll navigate through the Nature-Based Map of the Human Psyche (the Wild Mind map) and will explore:

[.More Information ...](#)



WHEN: 18th - 21st November
TIME: 15:00 - 17:00
WHERE: Tanderrum - Shpgards Flat, 181 Lithia Lane, Shepherds Flat, VIC
CONTACT: Gathering Men +61414 827 556
WEBSITE: <https://gatheringmen.org/>
EMAIL: connect@gatheringmen.org
COST \$475.84

Gathering Men – Spring – 2021

BACK ON-COUNTRY

In Spring 2021 we're heading back out On-Country. To the place, it all began. The best news? You're invited. We'll be gathering at tanderrum, a stunning 100-acre property on sacred Jaara – Dja-Dja-Wurrung Country.

Near Hepburn Springs in the shadow of Lalgambook (Mt Franklin). We are 90 minutes from Melbourne. 10 minutes from Daylesford. This land has called in & safely holds our gatherings.

Together, we're reimagining what it takes to be a healthy man. Together, we're challenging the stereotypes around men's mental health & masculinity. Now's our time. Let's slow down & breathe deep. Tread lighter & drop deeper. Join us on the journey this Spring.

[.More Information ...](#)



WHEN: 19th November
TIME: 17:15 - 21:15
WHERE: Online
CONTACT: I'm Just a Man +61414 827 556
WEBSITE: <http://www.imjustaman.com.au/>
EMAIL: connect@imjustaman.com.au
COST \$59.00

I'm Just a Man 5 | The Unboxing of the 5 Human Gifts Of Connection

We are excited to announce I'm Just A Man 5 - The Unboxing of the 5 Human Gifts Of Connection.

Yes, it's been a tough 18 months for many of us. But there are positives.

We are reflecting on the first 5 years, looking back, to move forward.

And this year, on our 5th year, it's an experiential year, where we together open up a box, with 5 gifts - something with great meaning and practical, that reflects our vision and mission, now and the emerging future.

The gifts will represent GRATITUDE, HONOUR, COURAGE, MUSIC and GENEROSITY of men, women, humans, side by side as we learn to live with this Global Pandemic.

[.More Information ...](#)



WHEN: 21st November
TIME: 10:00 - 18:00
WHERE: Gilwell Park, 2685 Gembrook-Launching Pl Rd, Gembrook VIC 3783
CONTACT: Island of Men 0414217919
WEBSITE: <https://islandofmen.com/>
EMAIL: adrian@islandofmen.com
COST \$43.39

Celebrating Brotherhood - IoM #7

Our next Island of Men is all around exploring and celebrating Brotherhood! Island of Men is a great example of what brotherhood can look and feel like.

In celebrating our connection to each other as men we reflect on what it means to be in brotherhood and why that is important. We embrace the support of our brothers with the knowledge that they have our back. We appreciate that we are all accepted no matter who we are.

Let's explore these wonderful elements together and consider what opportunities lay before us as men within a brotherhood that aims to serve a greater purpose.

[.More Information ...](#)



and



present

MINDING THE HEART

WHEN: 23rd November

TIME: 10:00 - 18:00

WHERE: Lillydale Lake Community Room

435A Swansea Rd, Lilydale VIC 3140

CONTACT: Yarra Ranges Men's Health Project,
0418 326 670

WEBSITE: <https://yarrarangesmenshealth.org/>

EMAIL: info@eaglehealth.net.au

COST \$43.39

Minding The Heart

Minding The Heart, a special event for anyone who has had a heart problem, or anyone interested in the well-being and mental health after a cardiac event. Carers and family members are also welcome.

You are invited to attend this free community event in which we will:-

- Explore the vital Connections between heart health and mental health.
- Screen the new Australian movie PUMPHEAD in which eight people share their experiences after heart surgery.
- Introduce the Cardiac Wellbeing Program provided by the Australian Centre for Heart Health.
- Provide Resources to help you achieve your best heart health.
- Establish a local community Heart Health Peer Support Group, to provide support and camaraderie for all people affected by heart disease.

[More Information ...](#)

NEW SOUTH WALES



Traditional Wooden Longbow Making in Bellingen
November 3, 2021 @ 10:00 am - November 4, 2021 @ 5:00 pm | \$325 - \$395

WHEN: 3rd - 4th November
TIME: 10:00 - 17:00
WHERE: Bellingen Shire, New South Wales
CONTACT: Narrative Yoga, +61424993366
WEBSITE: <https://narrativeyoga.com.au/>
EMAIL: lars@narrativeyoga.com.au
COST \$395.00

Traditional Wooden Longbow Making in Bellingen, NSW

You will come away from the workshop with the knowledge and skills to make your own longbow.

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

Students will learn how to tiller their bows to precise measurements of draw length and draw weight depending on the archer.

[.More Information ...](#)



Traditional Wooden Longbow Making in the Byron Shire

WHEN: 6th - 7th November
TIME: 10:00 - 17:00
WHERE: Byron Shire, Mullumbimby, NSW 2482
CONTACT: Narrative Yoga, +61424993366
WEBSITE: <https://narrativeyoga.com.au/>
EMAIL: lars@narrativeyoga.com.au
COST \$395.00

Traditional Wooden Longbow Making in Byron Shire

You will come away from the workshop with the knowledge and skills to make your own longbow.

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

Students will learn how to tiller their bows to precise measurements of draw length and draw weight depending on the archer.

[More Information ...](#)

REAL MAN 2

Residential Workshop

11th to 14th November 2021

THE WILL OF THE STRONG

**WILL NEVER
BE SHAKEN**

BY DOUBTS OF THE WEAK



WHEN: 11th - 14th November

TIME: 14:00 - 08:00

WHERE: Byron Shire, Mullumbimby, NSW 2482

CONTACT: Real Education, +61 (07) 3348 5888

WEBSITE: <https://www.realeducation.com.au>

EMAIL: customerservice@realeducation.com.au

COST \$4395.00

Real Man 2 – Residential Workshop

Real Man 1 Grads – Are you ready to be challenged at a whole new level?

You know how powerful our Mountain Workshops are ... You know the benefits of forgiveness, healing and strength.

Are you ready to honour the deep calling within your heart & soul to step up from your young, hungry for life, authentic, free Prince, to Wise, Centred, Noble King?

[More Information ...](#)

QUEENSLAND



WHEN: 12th - 14th November

TIME: 09:00 - 28:00 QLD

WHERE: Queensland, Australia

CONTACT: Powerhouse Programs

WEBSITE: <http://www.PowerHousePrograms.com.au/>

EMAIL: admin@powerhouseprograms.com.au

COST \$500.00

The Building Bridges Program – November

The Building Bridges Program Is fun and meaningful experience that supports the changing nature of the father-son and father-daughter relationship during the teenage years. The course is for fathers and teenagers (aged 12-16yrs) that runs over either 6 weeks (one evening per week) or a weekend.

“We’ve all heard the advice, but this is a completely different way of doing things. It’s like night and day... My relationship with my son has completely changed! I pay over \$20,000 a year for his education...and this is worth 10 times that!

THANK YOU!” – Bill Gamack, 52

This program is for ALL BOYS & GIRLS whether in a good relationship with their father, or facing some of the challenges that arise at this time.

[More Information ...](#)



Traditional Wooden Longbow Making in Noosa

WHEN: 12th - 14th November
TIME: 11:00 - 17:00 QLD
WHERE: Noosa, Queensland
CONTACT: Narrative Yoga +61402322200
WEBSITE: <https://narrativeyoga.com.au>
EMAIL: lars@narrativeyoga.com.au
COST \$395.00

Traditional Wooden Longbow Making in Noosa

You will come away from the workshop with the knowledge and skills to make your own longbow.

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

Students will learn how to tiller their bows to precise measurements of draw length and draw weight depending on the archer.

[More Information ...](#)



Traditional Wooden Longbow Making in Brisbane

November 20, 2021 @ 10:00 am - November 21, 2021 @ 5:00 pm | \$325 - \$395

WHEN: 20th - 21st November
TIME: 11:00 - 17:00 QLD
WHERE: Brisbane City
CONTACT: Narrative Yoga +61402322200
WEBSITE: <https://narrativeyoga.com.au>
EMAIL: lars@narrativeyoga.com.au
COST \$395.00

Traditional Wooden Longbow Making in Brisbane

You will come away from the workshop with the knowledge and skills to make your own longbow.

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

Students will learn how to tiller their bows to precise measurements of draw length and draw weight depending on the archer.

[More Information ...](#)

SOUTH AUSTRALIA



WHEN: 12th - 14th November
TIME: 16:00 - 18:00
WHERE: Dzintari Latvian Campsite,
111 Wilson Drive, Yankalilla. SA
CONTACT: The Southern Men's Group
WEBSITE: <https://www.southernmensgathering.com/>
EMAIL: southernmensgathering@gmail.com
COST \$360.00

Southern Men's Gathering 2021

Southern Men's Gathering, The Integrated Man' will explore the challenge and power in men sharing their true selves.

The Opportunity...

The Southern Men's Gathering 2021 is a Men-only event created to improve the emotional well-being of men. 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.

[More Information ...](#)

TASMANIA

No Events Discovered

WESTERN AUSTRALIA

No Events Discovered

ACT

No Events Discovered

NORTHERN TERRITORY

No Events Discovered

MONTH SPECIFIC ONLINE EVENTS

ONLINE / VIRTUAL



WHEN: 11th November
TIME: 19:45 - 22:00 QLD
WHERE: Online
CONTACT: MWB and WWA 07 3067 3449
WEBSITE: <https://womenswellbeing.org/>
EMAIL: admin@menswellbeing.org
COST: FREE

Love – WAM (Women & Men)

Mens Wellbeing and Women's Wellbeing are launching a new series of WAM (Women & Men) Online Workshops.

Love – WAM (Women & Men) ~ Workshop explores:

- How do you experience love in your life?
- Awareness around loving behaviours and actions.
- Develop deeper connections through sharing and exploration.

These online workshops are limited to 12x participants and are currently FREE to attend. Each WAM Workshop has two facilitators, one from each organisation: Mens Wellbeing Inc and Women's Wellbeing Association. These facilitators will help create a supportive environment of confidentiality and respect where you can feel welcome, heard and accepted.

[More Information ...](#)

REGULAR PHYSICAL EVENTS ...

Ordered by State and Territory, Day

VICTORIA



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

WHEN: 1st November (First Monday of month) 18:30 - 21:30

WHERE: Hazeldell in The Dandenongs

CONTACT: Emotional Intelligence Trainings

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

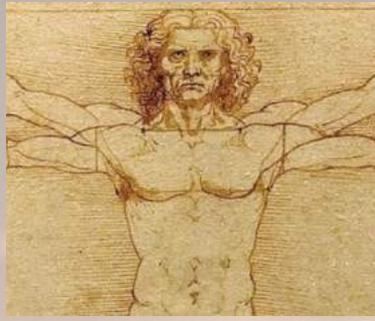
COST \$397 or \$50 casual basis

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. [More Information ...](#)



Men with Spirit Men's Group

- WHEN:** Monday 1st, 8th, 15th, 22nd, 29th November 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
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](#)



Warrior Within Men's Circle (Melbourne)

- WHEN:** 23rd November (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
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). Booking and ticket purchase is required for non-members only.

[More Information ...](#)



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

- WHEN:** Tuesdays 2nd, 16th, 30th November (Every 2 Weeks) 18:30 - 21:30
- WHEN:** Thursdays 4th, 11th, 18th, 25th November 12:30 - 15:00
- WHERE:** Daylesford Neighbourhood Centre, 13 Camp St, Daylesford VIC 3460
- CONTACT:** Greg Govinda
- EMAIL:** 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. [More Information ...](#)



Kulin Open Group for Men

- WHEN:** Tuesday ? November- 18:30 - 21:00 Weekly
- WHERE:** In-Person - 2nd, 16th and 30th 2-Weekly Ashmore Street, Brunswick VIC
- CONTACT:** Demian Nata Khan 0468 309 863
- EMAIL:** 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 ...](#)



Melbourne Men's Group

WHEN: Tuesday 2nd, 9th, 16th, 23rd November 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



Men Talking About Feelings. AGW

WHEN: Tuesday 2nd, 9th, 16th, 23rd November, 18:00 - 21:00 (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 ...



Build a Brotherhood - Men's Group

- WHEN:** 4th, 18th November (1st and 3rd Thursdays of the Month) 18:30 - 20:00
WHERE: Mooroolbark Eastern Suburbs, Melbourne
EMAIL: Build a Brotherhood 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...](#)



Ballarat Men's Support Group

- WHEN:** Thursdays 4th, 18th November (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...](#)



The Man Walk ~ Philip Island

- WHEN:** Every Friday morning 5th, 12th, 19th, 26th November
WHERE: Corner of Church Street and Thompson Avenue, Philip Island
CONTACT: 1300 948 947 Various 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



Free BBQ's now online

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

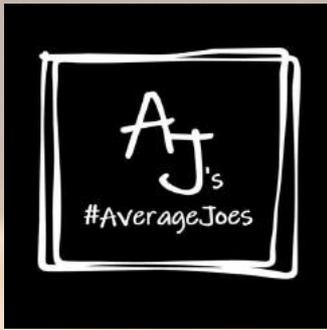
Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found something was missing in the support he accessed. Ironically his best mate called him "Mr Perfect" for years without knowing his struggle.

Mr Perfect is a grassroots charity that brings men together at BBQ's 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. BBQ's are subject to change, check the site before attending.

[More Information ...](#)

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



Average Joes Weekly Meetups

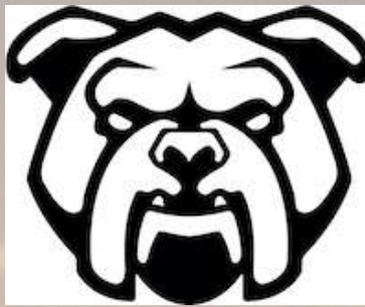
- WHEN:** Monday 1st, 8th, 15th, 22nd November 19:30 - 21:00
WHERE: Kurrajong Heights, NSW 18:30-19:30
WHERE: Cams Wharf, NSW, 10:00-11:00
WHEN: Tuesday 2nd, 9th, 16th, 23rd November 19:30 - 21:00
WHERE: Kenilworth QLD 09:00 - 10:00
WHEN: Wednesday 3rd, 10th, 17th, 24th November 19:30 - 21:00
WHERE: 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 4th, 11th, 18th, 25th November 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 5th, 12th, 19th, 26th November 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 1st, 8th, 15th, 22nd November 06:15 - 07:30 Weekly
WHEN: Wednesday 3rd, 10th, 17th, 24th November 06:15 - 07:30 Weekly
WHEN: Friday 5th, 12th, 19th, 26th, November 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's now online

- WHEN:** Saturdays and Sundays in November 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 BBQ's 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. BBQ's are subject to change, check the site before attending.

Surry Hills, Taree, Wagga Wagga,

[More Information ...](#)

.....

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, Wollongong, Woy Woy



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

WHEN: Tuesday 2nd, 9th, 16th, 23rd, 31st November
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 ...](#)



Complete Men Group?????

WHERE: In-Person - Wednesday 3rd, 17th in Robina 18:45 - 21:00
WHERE: In-Person - Thursday 4th, 11th, 18th 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 4th November 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. [For more information ...](#)



OMG (Open Men's Group) at Chermside Library

- WHEN:** Thursday 4 th November 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
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 ...](#)

Weekly Men's Connection



Men's Weekly Connection – Gold Coast

- WHEN:** Saturdays 6th, 13th, 20th, 27th November (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.*
- *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...



Free BBQ's

- WHEN:** Saturdays and Sundays in November 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. BBQ's 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



Free BBQ's

- WHEN:** Saturdays and Sundays in November 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. BBQ's 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 November 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. BBQ's are subject to change, check the site before attending.

[More Information ...](#)

.....

TASMANIA Burnie, Kentish, Ulverstone

ACT



Free BBQ's

- WHEN:** Saturdays and Sundays in November 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 1st, 8th, 15th, 22nd November 19:30 - 21:00
- WHEN:** Wednesday 3rd, 10th, 17th, 24th November 19:30 - 21:00
- WHEN:** Friday 5th, 12th, 19th, 26th November 19:30 - 21:00
- WHEN:** Sunday 7th, 14th, 21st, 28th November 19:30 - 21:00
- WHERE:** Online/Virtual
- COST** **FREE**
- CONTACT:** <https://www.facebook.com/groups/VictorianBrotherhood>
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 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: 1st, 15th November (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 ...](#)



Man2Man – Men’s Online Forum

- WHEN:** 29th November (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 ...](#)



Menswellbeing ~ Common Ground

- WHEN:** Monday, Tuesday, Thursday in November 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 ...](#)



Primal Man Project – Virtual Men’s Circle

WHEN: Tuesday 2nd, 9th, 16th, 23rd November
TIME: 20:00 - 21:30
WHERE: Online/Virtual
CONTACT: <https://www.facebook.com/PrimalManProject>
EMAIL: 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.

There was a time when men would sit around a FIRE each night and SHARE our LIVES, our CHALLENGES and our WINS. Get WISDOM from other men and be held ACCOUNTABLE to the best versions of themselves. That time is gone, but not forgotten. [For more information ...](#)



Gathering Men • On-Line Gathering

WHEN: Tuesday 2nd November (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 ...](#)



Kulin Open Group for Men

WHEN: Tuesday 5th, 12th, 29th, 26th November- 18:30 - 21:00 Weekly
WHERE: Online 12th, 26th October 2-Weekly.
CONTACT: Demian Natakhan 0468 309 863
EMAIL: 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 ...](#)



One Dad ~ Free Online Sharing Circle

WHEN: Wednesday 17th November 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 4th, 11th November 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 ...](#)



Mammoth Hunters Weekly Group Video Men's Chat

WHEN: Thursdays 7th, 14th, 21st, 28th November 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...](#)

Mankind Project - iGroups Online????

WHEN: All days except Saturdays in November - Times Vary

WHERE: Online Open Men's Groups

CONTACT: 1300 948 947 Varoious Facilitators

EMAIL: 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 November

WHERE: Online

CONTACT: Craig Wyld 03 8658 4080

EMAIL: craig.w@mensgrouponline.com.au

WEBSTE: 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 November - 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 November - 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 ...](#)



Voice Of Men ~ Addiction & Awareness

WHEN: Every Sunday 3rd, 10th, 17th, 24th November

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, 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

(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/)

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 #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) 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 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 ...](#)

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

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 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



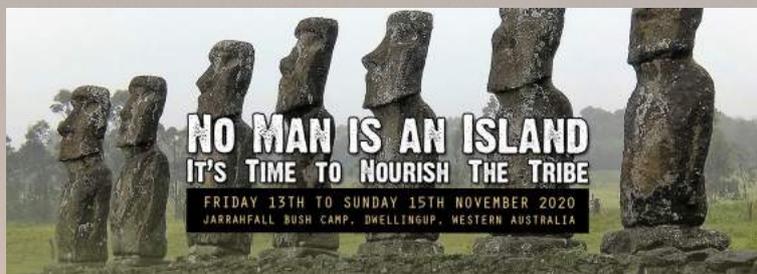
SOUTHERN MEN'S GATHERING

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 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 ...](#)



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 ...](#)