

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 December 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

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My Core Values are:

* Purpose * Steady * Growth

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

PAID NEWSLETTER - UPDATE

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

I'm very pleased to announce that 'Black Dog Institute' will get a monetary amount of 10% from all December 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



6 Stages of a Relationship.

By Kean Buckley
KeanBuckley.com

"If you think you know me, based on how I was a year ago. You don't know me at all. My growth game is strong. Allow me to introduce myself". A Shah.

When attempting to create an intimate, loving, healthy relationship, it helps to have a GPS on where you are at in your journey together. A helicopter view of the relationship, as well as an accurate roadmap for the journey, will assist the couple's success.

Most people don't 'plan to fail, they fail to plan.' They have little, or no idea of how to create a great relationship, or what's involved, in growing successfully together. Creating depth and intimacy at times, particularly if children, blended families, and work/life get in the way, can all be a deal-breaker if you are not emotionally or physically equipped.

Many things can go wrong without the right guidance. What follows is a reality-based roadmap that comes from research into couples' actual experiences of being in long-term relationships.

While theorists disagree on the exact name and number of the stages couples progress through. The consensus is that couples go through some version of the following stages. Not everyone goes through all the stages and some couples may go through them in a different sequence, but for most couples, this is the normative experience in a long-term committed relationship.

1. ROMANTIC LOVE

This is the love that Hollywood loves to promote, as the only kind of love. Romantic love is wonderful, easy, and effortless. We all know it of course! At least I hope you do? It's spontaneous and alive, It's as if 'their love for us, gave us wings.' Feelings like "we are one;" and "we are kindred spirits," even "he/she is my soul-mate (twin flame if you will)!". Everything is just perfect, in every way. You'd bet your life this one will work out!

This is a stage where we give and receive love with little, or no effort required. We are often in total acceptance without filters. There is a tremendous emphasis on maximising our similarities and minimising our differences. There is a belief and expectation that 'you' will provide all my needs, wants, and desires. The dream has come true! There is nearly always a high degree of passion, particularly sexual; where feelings and expressions of romance come easily and often! Partners think about each other day and night constantly. They are the only ones you want to make eye contact with. You are inseparable day and night. They are your world when you are together.

Many couples experience this stage as living in a state of 'near-constant bliss and infatuation.' There is a belief that these feelings and experiences will go on forever. That we will never disagree on anything,' and that somehow fate or forces larger than ourselves have brought us together. Heaven must be missing an angel because you are here with me tonight! It all clicks! Think teenage years here. Though this stage can come at any age.

This stage generally lasts from six days to six months and is often the SHORTEST stage of any of the stages of long-term committed relationships.

This is the unrealistic stage.

It gets shorter as we get more experienced for many reasons.

2. ADJUSTING TO REALITY

Ah, reality. Inevitably, reality rears its not so pretty head and the bubble bursts on the Romantic couple. Sometimes it is a slow unrelenting leak, other times a sudden and complete blowout, due to another side of character coming to the fore. But either way, something generally happens, which causes a conflict in the new relationship. Sometimes the trigger is living together and having to share household chores, plus experiencing personal habits up close. Often it is the process of parenting. Often it is an act of deception which is discovered. Or planning a wedding, buying a house. Even the power play of sharing finances and financial decisions.

This is the time for the real work of a relationship. Whatever the cause, after the conflict occurs, it becomes nearly impossible to continue the fantasy, that this person and this relationship, are immune from struggle, and immune from the real effort, and reality. Differences that were previously obscured by romance, suddenly become painfully visible.

Conflict, anxiety, disappointment and hurt replace the effortless flow of the wonderful Romantic stage. There is a sense that this person is not living up to your hopes and dreams, and there is an accompanying loss of closeness and feeling of betrayal. Gradually each person is forced to relinquish some of their most cherished romantic fantasies, or to cling to them desperately in a state of increasing denial.

In this stage, it is common to feel as if someone or something, or even Life itself has cheated you again, or robbed you of something precious (your dream). This is the stage where you get to deal with the reality that there is no life-long honeymoon. Which is like grieving the loss of something perfect (always in your mind), something 'innocent' and 'wonderful?' The honeymoon must pass for us to grow. We feel loss because our immature illusion is bursting. There is always a desire to be close again, but a little less confidence as to how to create that, or for how long. It is the first time that fears of losing intimacy begin to arise and the necessary vulnerability to mature becomes clear. Doubt comes in and suddenly the couple must learn how to deal with very real differences, like how to deal with conflict, and how to integrate being an independent person, within a committed, intimate relationship. In short, 'Adjusting to Reality is the stage where the Real Relationship begins.

This is the stage we wake up to Reality.

3. THE POWER STRUGGLE Gggrrrr!

As the disillusionment of the Adjusting to Reality stage deepens, the couple may tend to have more disagreements. Minor issues blow up into larger issues. Even full-blown arguments. Yelling can appear for the first time if it ever will. Both partners can dig their heels in and defend fixed positions on personal issues fiercely. Each person is protecting the turf of 'their ego' and their family's issues and pride therein. This once-tender effortless loving relationship can become a proverbial battleground on subtle or gross levels, as the families of origin show their teeth. This may evolve into a draining, daily Power Struggle. This is a typical stage in the development of a long-term committed relationship.

For the first time in the relationship, there are occasional, or even frequent thoughts (voiced or not) of leaving the relationship. The angel who came down to be with you may have come from hell? Someone who only recently appeared to be made of pure love and joy in your eyes suddenly seems self-centred, brash and not to be trusted. You can even hate them at times! Doubts arise as to whether they are 'the one anymore', and are they committed enough and love you enough to make it work? There are consistent feelings of ambivalence, disappointment and anger. Blame and accusation become common and may take root. Each partner is afraid to give in and wants the other to change instead. The family scars, schemas, or patterns become very bloody and clear to us. Deep resentments can begin to surface, which if left unchecked, becomes the deep scars and cancer that eventually eat away at the unconditional love, acceptance and tenderness that came before. Sarcasm, criticism, judgement and hostility go with blame and may regularly enter daily conversation either overtly or covertly.

Don't let any pattern take root in the good soil of your garden!

This however doesn't have to be the end of the relationship. It depends on both partners seeing this as a stage to pass through. Not get stuck in. We all have challenges, it's how we come through them that defines us! Remember the Dark Night of the Soul? Or 'The Hero's journey,' which is the psychological basis for many films (look it up) or the path is taken in any Disney film? There is always a way through the struggle and this can be a stage of great empowerment if the lessons are navigated successfully. With a mature position on the conflict, the task for the couple here is to: develop better problem-solving, conflict resolution and negotiating skills. The conflict will not go away without maturity. Each partner learns to listen more responsibly, rather than reactively, and respect their partner's position, even if they don't agree with it.

You can learn to agree to disagree and the world doesn't need to collapse around you. This is how growth is achieved in the face of ego!

Partners learn to support their partner's growth and life path, even if it is different and compromises their own. They may see the origins of their patterns of conflict and perhaps their family's dysfunctional ways of resolving them. They may discover patterns within their family that have been generations-old like violence, poverty, bias, stupidity, loss.

This is a time to work 'on me' and not you!

"NB Couples fight mainly because they feel disconnected, they feel pain inside. They then blame the cause of this feeling on their partner. Which is hard to see when we are blinded by blame? The reaction is always the catalyst for growth.

What you could see is when couples fight (so long as not physically) they are doing something to get connected again. In most conflicts, we are forced to connect with emotional pain and realities like our anger, sadness, guilt, regret, and shame to see if our viewpoints are solid and sound. The most solid viewpoints last. A bit like stone buildings or water. All of this is part of our path or an 'opportunity to connect and grow together. The trick is seeing this past conflict to a resolution and seeing the 'righteousness' and 'need for connection' and 'greater truth,' when you are right in the middle of an argument! When you can realise this and laugh when it's tough (genuinely and compassionately) you are halfway home. To notice greater truth, 'from another-and with another,' as opposed to continuing to fight from an old prejudice and position we begin to notice our-self as souls.

4. RE-EVALUATION

The Power Struggle is often physically and emotionally draining, and easily the hardest phase of the relationship journey. Which is why we try a few relationships before we settle? With 1/3 ending in divorce here and 40/50% in the US.

If the couple is to survive, through conscious work and simple recognition, they will move easily into the next stage. Which is a conscious reevaluation of the relationship? Whereas the original commitment being typically based on projections and fantasy, the

The re-Evaluation Stage considers the actual reality, values, and fears of each person.

We may ask the question many times until certain. Do I want to be with this person? Do I see my future with them? You know who they are now, you know some of their limitations, and have a hunch whether they can grow with you. Or not! Knowing this, do you still want to make this relationship work? The question is to be answered at this stage.

Both people may turn inward more, to resolve their issues, instead of outward and blame. As a result, true independence, interdependence.

Or 'interdependence can be displayed and developed. By discussing real issues, like fear, abandonment and compatibility will strengthen you. This is a time of assessing, asserting and letting go of our strongest beliefs and family patterns. You will have asked questions like. Do I truly love them? Can I have a better life by myself? Am I willing to do what it takes to be with them? Is this what I want? Do I want to spend the rest of my life with them? Can we do this together? Do we need help?

One possibility at this stage is where one or both partners emotionally and sometimes physically disconnect and withdraw during this stage because they aren't getting 'their perceived needs met. Which makes this the stage in which separation, divorce and/or an affair are most likely to occur? Feelings of resentment are generally less intense in this stage, as you know how to hide them! This is where the relationship can go secretive or covert. Sexual intimacy can become sporadic at best-to non-existent. Things are now ripe for an affair to burst on the scene, and often a person in this stage will begin to confide in someone of the opposite sex. This confidante will take on more and more important in the person's life, due to our 'neediness' and vulnerability, and we may get emotionally involved without realising it. At this time, even the slightest affection, can be like throwing a match into the bush, on a hot summer's day. Causing a passionate, intense affair to begin. These people are looking for an intense burn of the romance again with the familiar chemistry that blinds us (see the chemistry of love article).

Of course, this needn't happen if the issue is solved maturely and in plain sight of the mutual goal of this relationship working. The danger with an affair at this stage is that it's hard for the primary relationship to recover unless it is founded on real love and solid ground. The primary relationship has often been marginalised and seen as having 'too little going for it' in the way of gratification, with inevitable comparisons between the affair and the relationship, seen as 'night and day.' The lure of new romance has overtaken the real work and the relationship is being soiled. An affair needn't be sexual too — it can take many forms.

Of course, this needn't happen if the issue is solved maturely and in plain sight of the mutual goal of this relationship working. The danger with an affair at this stage is that it's hard for the primary relationship to recover unless it is founded on real love and solid ground. The primary relationship has often been marginalised and seen as having 'too little going for it' in the way of gratification, with inevitable comparisons between the affair and the relationship, seen as 'night and day.' The lure of new romance has overtaken the real work and the relationship is being soiled. An affair needn't be sexual too — it can take many forms.

Interestingly this is what a real romance always seems like. And it lasts the whole relationship!

NB separation can be useful at this stage, which if managed well, will help each person gain a greater perspective. It is the time to get counselling, mentoring, or mediation. The task for each person here is to stay present and honour the real commitment. Which involves, developing individually and being able to see their partner for who they are on a separate journey with you? This is the only way the relationship will thrive and move into the next stage.

This is the stage of real work and creating and living the dream. By getting Bigger than your issues and increasingly becoming more mature.

5. RECONCILIATION

In this stage, with a distance of the Re-evaluation, and if the relationship has survived, there is a re-awakening of real interest in each other, and you may get closer and connect more deeply than ever before. 'Knowing love' takes over 'knowing pain.' The couple now comes from reality and not fantasy, and they may dive more deeply into intimacy. An intimacy that is holistic and inclusive. There is a clear and present decision to make the relationship and a real opening and acceptance of growth through conflict. That difference of opinion in the relationship is a learning opportunity. The other is a catalyst for change. The couple begins to understand 'the mirror' as a gift and there is recognition that the differences are real and won't go away unless discussed, realised, and willingly released. Neither person can change the other, and real negotiation, mutual agreement and honest consent are powerful. Reconciliation begins a process of creating a truly open, genuinely intimate trusting relationship. Both partners connect more deeply with the relationship producing increasingly deeper satisfaction for both.

This stage begins a deeper sense of taking responsibility for one's part in the conflict and 'our lack of satisfaction.' Lack of fully developed self. Each person may recognise the link between what they learned as children (copied/had impressed upon) in their families of origin and discuss how they approach intimate relationships (the real work). They will now own their distortions and projections onto their partners.

They may begin to see their partner as they see themselves. An inevitably flawed yet decent person who is making a sincere effort to love and become closer to you, whilst also caring for their own needs, as well as those of their children and family of origin.

This is the time we move from 'I' and 'you' to 'WE.'

NB, We haven't talked much about children, blended families, exes and extended and complex family situations. This is a whole new article.

Here begins a more consistent and deeper acceptance at this stage, that any relationship cannot and will not 'save you' in any sense. You have your journey, individual needs and issues that do not go away and must be acknowledged to thrive in a relationship. However, the part of your life that can be inspired to grow and nurtured by the act of sharing, love with another (Spirit and Soul)-is what a relationship is all about. By accepting relationships as a real personal growth opportunity, the war is over, and conflicts are understood. There becomes a sincere desire to learn how to work through issues to resolve.

This is the stage of genuine Acceptance, Commitment, Compassion, Growth, Solution, Joy, Freedom.

6. ACCEPTANCE

The final stage in a committed relationship, which researchers estimate less than 5% of couples ever reach, is one of complete Acceptance.

This is where personal integration occurs. The need of the self and the needs of the other becomes one in the relationship. Each person takes complete responsibility for their own needs, for their own individual lives, and for providing support for their partner. A high level of love, consciousness and felt warmth is continually present in both partners and within the home. The couple can maintain a balance between autonomy and union. Conflicts still arise on occasion, but as a result of the struggle of the previous stages, they are passed through more successfully, as the couple has figured out how to resolve most conflicts quickly and, in a fashion, unique to them. Resentments are few and sparks find little/no bush to burn. There are few surprises: these are people who know one another and know roughly what to expect. 'Been there done that!' The couple now exists in a state of constant happiness. They accept life, with little denial or fantasy involved. The couple also works together 'as a team to stay connected, to evolve whilst maintaining their own identities.

The couple has moved from an egoic mentality to a state acknowledging the big picture for the relationship, family and world. Prizing the 'We' that was promised but not fully delivered in the honeymoon phase!

“These are six stages that hopefully show what most couples go through during long-term committed relationships. While not every couple goes through every stage, or in that exact sequence, nonetheless this roadmap, based on the research on actual couples' experiences of an intimate relationship, still provides the best roadmap we have available for charting the most likely path of a long-term committed relationship.

Where do you sit in the 6 stages? The intention is that if we have a roadmap, we can chart the healthiest and least disruptive path to the goal of ensuring that our GPS works in guiding us on our own successful, fulfilling, relationship journey.

The Initial 6 stages article all thanks Kate Haskett.

KeanBuckley.com for relationship mentoring

[Be Yourself Personal Development](#) on FB

Zeroplusnine.com for numerology readings

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

There Are No Special Annual Events for December

EXCITING ANNOUNCEMENT



MEN'S COACH DIRECTORY COMING IN 2022

This is another project to fulfil my purpose:-

This project is currently being developed, and will hopefully be ready in the early part of 202

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

DECEMBER SPECIFIC NEWS

A very quiet month with very few monthly specific physical events, although the regular physical and online groups are still taking place.

Please check with each event that's scheduled during the festive period to ensure that it is still proceeding?

MONTH SPECIFIC PHYSICAL EVENTS

Ordered by State and Territory

VICTORIA



WHEN: Friday 11th December
TIME: 11:00 - 16:00
WHERE: Flinders Street Railway Station,
Flinders Street, Melbourne
CONTACT: The Art of Relating, ++61401357752
WEBSITE: <https://bit.ly/2Zd7DMg>
EMAIL: dragonpaulz@hotmail.com
COST FREE

Melbourne Suicide Prevention and Remembrance Walk

Melbourne Suicide Prevention and Remembrance Walk, meeting at Flinders Street Station, Melbourne.

Walking to parliament house handing out flyers with the suicide statistics and where care is needed. Free BBQ, speeches and remembrance vidual in the park after the walk

[.More Information ...](#)

NEW SOUTH WALES



WHEN: 11th - 15th December
TIME: 16:30 - 09:30
WHERE: Mountain Trails Adventure School,
874 Doctors Flat Road, Wee Jasper
CONTACT: Fathering Adventures 0431 839 035
WEBSITE: <https://fatheringadventures.com.au/>
EMAIL: info@fatheringadventures.com.au
COST \$2,970.00

Son and Father Adventure – 4 Day

Guided “Rite of Passage” 4 Full Day Son and Father Adventure experience at ‘Mountain Trails’ in NSW, North of Canberra.

Your financial investment is per father and son pair. Teenage boys struggle when they are not actively and adequately guided through their most challenging life transition – from boyhood to manhood. And no good parent wants their son to struggle because he remains a boy.

‘Fathering Adventures’ guided “Rite of Passage” Son and Father Adventure experiences is a proven process that results in healthier relationships, a deeper understanding of one another, and a new direction, into the future. [.More Information ...](#)

QUEENSLAND



WHEN: 4th - 5th December
TIME: 09:00 - 16:00
WHERE: The Rock, Stirlings Rd, Mount Byron
QLD 4312
CONTACT: Men's Wellbeing Inc 07 3067 3449
WEBSITE: <http://www.menswellbeing.org.au>
EMAIL: admin@menswellbeing.org
COST FREE

Rock Working Bee

Join us for a weekend of connection and contribution at our amazing Mt Byron retreat for the December a Rock Working Bee (it's almost like a weekend Men's Gathering).

The work planned for the weekend is:

- * Roundhouse * Complete fixture of roof tarp to structure * Paint top plate
- * Pole house * Rodent proofing * Site Mowing * Restock firewood * Clean gutters

BYO chainsaws, mowers, brush cutter, tools, etc.

As this is the last working bee of 2021. [More information ...](#)



WHEN: 4th December
TIME: 18:00 - 23:00
WHERE: Bulimba Community Centre
1 Barramul St, Bulimba QLD 4171
CONTACT: MWB and WWA
WEBSITE: <https://womenswellbeing.org/>
EMAIL: admin@menswellbeing.org
COST \$48.00

Dance of Wellbeing

You are invited to our Dance of Wellbeing – With a Twist, co-hosted by Mens Wellbeing and Women's Wellbeing.

All aged 18 and over are welcome.

The twist: we will include a playful ceremony and form tribal/affinity groups before dinner to encourage communication amongst people who are yet to meet, and to enhance the friendship that you already have.

This will be an evening of conversation and interaction. Dancing is optional and will commence after dinner. Expect the unexpected!

Catering is by James Baird and will reflect the wonderful meals served at a men's or women's gathering. Our mood-setting DJ for the evening will be Patrick Grahvendy.

[More information ...](#)

SOUTH AUSTRALIA

TASMANIA

WESTERN AUSTRALIA

ACT

NORTHERN TERRITORY

No Events Discovered



MONTH SPECIFIC ONLINE EVENTS

ONLINE / VIRTUAL

Transform your Mindset

Conditioning your mindset to thrive and succeed!



Marcus Ross
Counsellor
Founder of Ready To Heal Counselling



Brendon Giebel
Founder & Head of Transformations at Advanced Men's Development Coach, Therapist, Speaker & Author

Tuesday December 7th
7.30pm.

WHEN: 7th December

TIME: 19:30 - 21:00

WHERE: Online

CONTACT: Ready To Heal Counselling

WEBSITE: <http://www.readytoheal.net.au/>

EMAIL: marcus@readytoheal.net.au

COST FREE

Transform your Mindset

Transform your Mindset – conditioning your mindset to thrive and succeed!

Our guest speaker Brendon Giebel is Founder and Head of Transformations at Advanced Men's Development Coach, Therapist, Speaker and Author.

I'm excited to have Brendon on to speak about both our journeys, to speak about stepping into a new mindset, and how it can positively affect our lives.

[More information ...](#)

REGULAR PHYSICAL EVENTS ...

Ordered by State and Territory, Day

VICTORIA



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

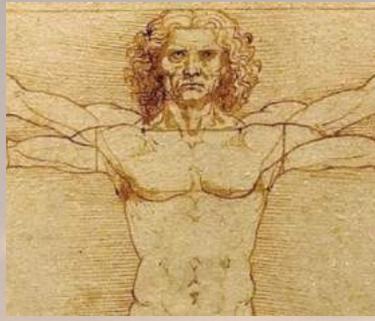
- WHEN:** 6th December (First Monday of month) 18:30 - 21:30
WHERE: Hazeldell in The Dandenongs
CONTACT: Emotional Intelligence Trainings
WEBSTE: <http://www.eq.net.au/>
COST \$397 or \$50 casual basis

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 6th, 13th, 20th, 27th December 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:** 28th December (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 7th, 13th, 20th, 27th December (Every 2 Weeks) 18:30 - 21:30
- WHEN:** Thursdays 2nd, 9th, 16th, 23rd, 30th December 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 14th, 21st December- 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 7th, 14th, 21st, 28th December 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 7th, 21st December, 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:** 2nd, 16th December (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 2nd, 16th, 30th December (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 3rd, 10th, 17th, 23rd, 30th December
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 December varied times (Please Check)
WHERE: BBQ's for Community & Connection
CONTACT: Terry Cornick
WEBSTE: <https://mrperfect.org.au/>
COST **FREE**

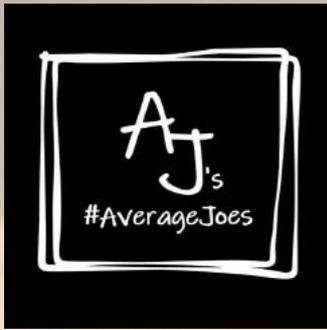
Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found something was missing in the support he accessed. Ironically his best mate called him "Mr Perfect" for years without knowing his struggle.

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

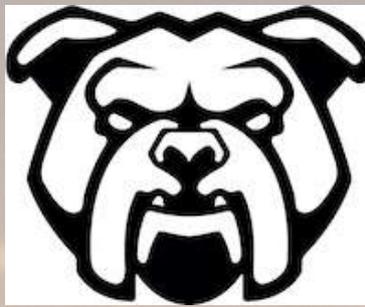
- WHEN:** Monday 6th, 13th, 20th, 27th December 19:30 - 21:00
WHERE: Kurrajong Heights, NSW 18:30-19:30
WHERE: Cams Wharf, NSW, 10:00-11:00
WHEN: Tuesday 7th, 14th, 21st, 28th December 19:30 - 21:00
WHERE: Kenilworth QLD 09:00 - 10:00
WHEN: Wednesday 1st, 8th, 15th, 22nd, 29th December 19:30 - 21:00
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 December 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, 31st December 19:30 - 21:00
WHERE: Rose Bay, NSW 19:00 - 20:00
CONTACT: Average Joes
PHONE: 0425335969
EMAIL: men@averagejoes.net.au
WEBSTE: http://averagejoes.net.au/
COST **FREE**

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

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

Host: Various

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



Mongrels Men Meet Up

- WHEN:** Monday 6th, 13th, 20th, 27th December 06:15 - 07:30 Weekly
WHEN: Wednesday 1st, 8th, 15th, 22nd, 29th December 06:15 - 07:30 Weekly
WHEN: Friday 3rd, 10th, 17th, 24th, 31st December 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 December 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.

Surry Hills, Taree, Wagga Wagga,

[More Information ...](#)

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NEW SOUTH WALES Bella Vista, Campbelltown, Cronulla, Ettalong Beach, Lake Macquarie, Maitland, Newcastle, Newtown, Narellan, Northern Beaches, Norwest, Orange, Surry Hills, Taree, Wagga Wagga, Wollongong, Wollstonecraft, Wollongong, Woy Woy



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

WHEN: Tuesday 14th, 28th December
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 1st, 8th, 15th in Robina 18:45 - 21:00
WHERE: In-Person - Thursday 2nd, 9th, 16th, 23rd in Coomera 18:45 - 21:00
CONTACT: Tim on 0422 508 533
WEBSTE: www.completemen.org/mens-groups.html
COST **FREE**

MEN SUPPORTING MEN - More and more men are rediscovering joy, connection, and purpose in their lives through the simple practice of sitting in a circle and being real with other Men. To see what other Men have found in these groups, check out Complete Men. We have 2 Online Groups every week. Wednesday & Thursday physical groups. Using the Zoom app, we are able to have up to 16 men join a virtual Men's group for 90 minutes. [More Information ...](#)



The Gathering

- WHEN:** Thursday 2nd December 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 2nd 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 4th, 11th, 18th, 25th December (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 December 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 ...](#)

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



Free BBQ's

- WHEN:** Saturdays and Sundays in December varied times (Please Check)
WHERE: BBQ's for Community & Connection
CONTACT: Terry Cornick
WEBSTE: <https://mrperfect.org.au/>
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More [Information ...](#)

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

TASMANIA



Free BBQ's

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

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More [Information...](#)

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TASMANIA Burnie, Kentish, Ulverstone

ACT



Free BBQ's

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

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

ACT Belconnen

REGULAR ONLINE EVENTS ...

Ordered by Day of The Week



Victorian Brotherhood Zoom Chat #RaiseAPen

- WHEN:** Monday 6th, 13th, 20th, 27th December 19:30 - 21:00
- WHEN:** Wednesday 1st, 8th, 15th, 22nd, 29th December 19:30 - 21:00
- WHEN:** Friday 3rd, 10th, 17th, 24th, 31st December 19:30 - 21:00
- WHEN:** Sunday 5th, 12th, 19th, 26th December 19:30 - 21:00
- WHERE:** Online/Virtual
- COST** **FREE**
- CONTACT:** <https://www.facebook.com/groups/VicroianBrotherhood>
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:** 6th, 20th December (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:** 27th December (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 7th, 21st December
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 7th December (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 15th December 20:00 - 22:00 (Third Wednesday of Month)

WHERE: Online

CONTACT: One Dad

EMAIL: onedadpod@gmail.com

WEBSTE: <https://www.facebook.com/onedadpod>

COST **FREE**

INTENTIONS OF THIS FB MEN'S GROUP:

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



Complete Men Group

WHERE: Online - Thursday 2nd, 9th, 16th December 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 2nd, 9th, 16th, 23rd, 30th December 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 December - 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 December

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).

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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 December - 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 December - 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 5th, 12th, 19th, 26th December

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



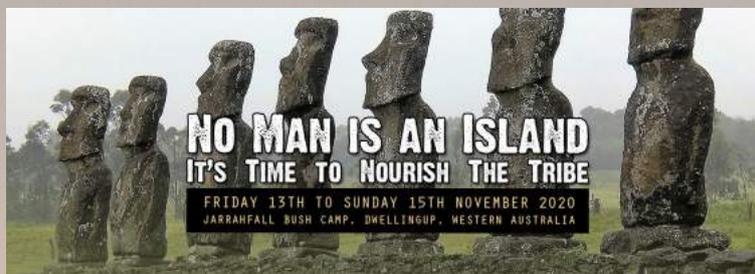
SOUTHERN MEN'S GATHERING

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 ...](#)