

# Welcome to Cecil's Men's Hub

The 'Virtual Men's Gathering'

YOUR JOURNEY BEGINS ...



Feedback

Volume 4, Issue 7

\$2

## What's Happening in Men's Work in January 2022

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

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

Hi Guys,

Welcome, and a Happy New Year to you, let us hope that 2022 will be better than the previous two? 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.

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

I'm very pleased to announce that 'Beyond Blue' 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@CecilMensHub.com](mailto:newsletter@CecilMensHub.com) with your recommendation.

## MEN'S COACH ARTICLE



### Why Modern Lifestyle is Damaging Masculinity

By Brendon W Giebel

[AdvancedMaleDevelopment.com](http://AdvancedMaleDevelopment.com)

*Since the start of the 90s, third-wave feminism has sparked the seemingly everlasting topic of female empowerment. The discourse has been continued by fourth-wave feminism that emerged in the early 2010s. There are many discussions and controversies surrounding the current feminist movement.*

*Although this is a topic of its own and there are many different opinions, one thing is for sure – stereotypes, discrimination, and overall challenges that men face have been completely sidelined. The paradigm has slowly shifted towards women.*

*Instead of letting men be men and women be women, modern western societies have diminished masculine qualities. In fact, these qualities are often seen as toxic and unwanted. Naturally, this has affected men and the way they see themselves as individuals and members of society.*

*Hard Times Create Strong Men*



Continued ...

That's the title of a book by the author "Stefan Aarnio." It's a great book on this topic, and I suggest reading it if you get the chance, but it's not something that Aarnio came up with first. There are many different sayings similar to this one with the same message.

The logic is quite simple. When men are tucked in and living comfortable lives without having to fight or struggle for anything, they become weak over time. That's the case with modern Western societies. In the past, men had to hunt, make weapons, track animals and put themselves in danger to provide food.

Today they only have to pick up their phones and order food with a couple of taps. Simply put, this comfortable way of life displaces masculine values. That's why men today are more sensitive and can't adjust to unexpected situations. This comfortable environment that we've created has a huge downside in this regard.

## Men Aren't Held Responsible



Some of the most common roles of men in the past were in the form of service. Men had to provide, preside, and protect. It was our job to provide service to other people and help them in any way we could. To do that, men had to be responsible and be accountable.

This modern lifestyle and parenting don't teach men and young boys to do this. They can't handle the burden of responsibility. In turn, this is creating a lot of issues for men when those inevitable "uncomfortable" situations come along.

I'm not going to go there and say that there is a "war on masculinity", even though there certainly are people who would like to see all masculinity erased. However, that's a small fraction of radical people – it's a gradual decay of masculinity caused by various factors.

## Victimhood Mentality

All this lack of responsibility and a comfortable lifestyle affect everyone. Don't get me wrong, having the technology, convenience, and opportunities of the modern lifestyle isn't a bad thing. However, men as conscious beings need to be taught that life isn't only about that.

Even if a young boy has everything he needs and his parents provide everything, they need to teach him that there will also be challenging moments in their lives. If not, those young men will develop a victimhood mentality. What does this mean?

Unlike their predecessors that always looked at the bright side and looked for a way to get things done no matter how difficult they were, modern men want someone else to help them deal with their issues. As if someone is purposely targeting them for whatever reason.

It's not about complaining and finding excuses – men need to learn how to help themselves and others.

## The Crisis of Father Absence



Children need both parents. When it comes to boys, they need to have their fathers around. Yes, single moms can raise their children on their own, but boys need that male role in their lives. That's how they can start learning those masculine values and develop them as they are growing up.

Sadly, more than 1 in 4 boys in the US (almost 20 million) don't live with their fathers. Marriage as an institution has taken a great hit in the 21st century. Couples are simply not staying together and breaking apart after having children, which negatively affects both boys and girls.

For example, girls growing up without fathers are more likely to get pregnant as teenagers, more likely to drop out of high school, commit a crime, and so on. Boys learn about masculinity from their fathers, what men are about, their roles, what they like, or dislike.

Dads are integral in helping boys develop cognitively, physically, and emotionally. They can lay the foundation of masculinity and help kids recognize those traits in themselves as they are growing up.

## Men Need to Get Out of Their Comfort Zone

Even though there are many benefits to modern life, men need to challenge themselves and make an effort. That's the only way that they will achieve their full potential and become those people that they can be.

As conscious beings, we have the power to say no to things and make decisions that might be hard but are ultimately good for us. For example, instead of ordering food from McDonald's and sitting in front of the TV, a man can go to the gym and exercise for an hour.

It might be difficult at first, but over time, it will lead to feeling better overall and understanding that you can overcome challenges. It starts with small things, but each change causes more change. Over time, new habits change the way we think and overall mentality.

## Bottom Line

Unfortunately, many men have lost their masculinity and don't have the strength to make changes on their own. Some have put themselves in this situation on their own, while others were simply raised in the wrong way.

Luckily, there are various coaches for men and professionals that can help you get back on track. Don't let others limit you as a man, achieve your full potential, and make an impact in your life!



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

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## SPECIAL ANNUAL EVENTS

*There Are No Special Annual Events for December*

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## EXCITING ANNOUNCEMENT

### AUSTRALIAN MEN'S COACH DIRECTORY COMING IN 2022

This is another project to fulfil my purpose:-

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

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

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

**EXPRESSION OF INTEREST**

# MONTH SPECIFIC PHYSICAL EVENTS

Ordered by State and Territory

## VICTORIA



**WHEN:** Friday 15h - 16th January  
**TIME:** 10:00 - 17:00  
**WHERE:** Yarra Junction Victoria 3797  
**CONTACT:** Narrative Yoga +61402322200  
**WEBSITE:** <https://narrativeyoga.com.au>  
**EMAIL:** [lars@narrativeyoga.com.au](mailto:lars@narrativeyoga.com.au)  
**COST** \$395

### Traditional Wooden Longbow Making – Melbourne East

**TRADITIONAL WOODEN LONGBOW MAKING** – Tapping into the wisdom of our ancestors. Awareness: Connection: Focus

Make a Traditional Wooden Longbow with Archer, Yoga Teacher, & Holistic Life Coach Lars Richter.

All experience levels are welcome.

We acknowledge the traditional custodians of this land and give great thanks and honour to be on this land.

[.More Information ...](#)



**WHEN:** Saturday 22nd January  
**TIME:** 17:00 - 21:30  
**WHERE:** Lynbrook Hotel, 550 South Gippsland Highway Lynbrook, 3975  
**CONTACT:** Ready To Heal Counselling, 0401 487 925  
**WEBSITE:** <https://narrativeyoga.com.au>  
**EMAIL:** [marcus@readytoheal.net.au](mailto:marcus@readytoheal.net.au)  
**COST** Free - Buy What You Need

### Mens in Person Catch Up

This Mens in Person Catch Up is Limited To 20 people and is listed on MeetUp also. Just a catch up to meet new people, connect, and share each other's stories if you wish. Let's enjoy the warmer weather, have a couple of beers, relax and enjoy each others company.

Working on some surprises for the day also to make it a fun day out!

[.More Information ...](#)

# QUEENSLAND



**WHEN:** 22nd - 23rd January  
**TIME:** 08:00 - 08:00  
**WHERE:** Diamond Valley, Sunshine Coast Regional, 4553 Queensland  
**CONTACT:** Blase Grinner  
**WEBSITE:** [BlaseGrinner.com](http://BlaseGrinner.com)  
**EMAIL:** [blase@blasegrinner.com](mailto:blase@blasegrinner.com)  
**COST:** \$349

## The VISION BLOKESVENTURE Overnighter January 2022

The first event of four in 2022.

Iron Sharpens Iron! PLEASE READ ALL DETAILS; especially this one.

Each man drives to the BP at Glenview on Steve Irwin Way at 8 am sharp.

We then carpool to the property taking as minimal cars as possible to lessen the impact on the local community.

Wish to go fast; go alone. WISH TO GO FAR, we go in a pack

Brothers, 4 times per year, we will be gathering by the fire for an Over Night event (24 hours 8 am-8 am) on a property in the Diamond Valley.

**NEW SOUTH WALES**

**SOUTH AUSTRALIA**

**TASMANIA**

**WESTERN AUSTRALIA**

**ACT**

**NORTHERN TERRITORY**

No Events Discovered

# MONTH SPECIFIC ONLINE EVENTS

## ONLINE / VIRTUAL



### 12 week 'Life Mastery' Health, Wellbeing, Growth and Expansion Program

**WHEN:** Monday 17th January 2022 - 18:30 - 21:00 For 12 Weeks (QLD)  
**WHERE:** Online  
**CONTACT:** Adrian Hanks 0400 424 417  
**EMAIL:** [adrianhanksconnect@gmail.com](mailto:adrianhanksconnect@gmail.com)  
**WEBSTE:** <https://www.adrianhanks.com/>  
**COST** \$2000

This 12 week 'Life Mastery' Health, Wellbeing, Growth and Expansion Program (click to go to the FB link) is for motivated people: business people, entrepreneurs and (thought) leaders and others who are wanting to get even more out of life! Let's call it for what it is – NEXT LEVEL LIVING!

My work is about positively challenging, inspiring, and helping people make significant improvements in their lives. After years of getting the same results, I continue to support people. For me, it's all about the Vision – the Planning and the Action.

Why is this program different to many others that people offer?

This is a great question and one I love to give a clear answer to. Simply put, it is based on a deep understanding of people wanting and desiring to live in a better way, and with my 30 years of spiritual and personal development study, along with my 20+ years of working as a Holistic Counsellor and Psychotherapist and Group Facilitator, I feel very qualified to teach, mentor and support people in a way that many others cannot, and do not.

... [More Information](#)

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# REGULAR PHYSICAL EVENTS ...

Ordered by State and Territory, Day

**VICTORIA**



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

**WHEN:** 3rd January (First Monday of month) 18:30 - 21:30

**WHERE:** Hazeldell in The Dandenongs

**CONTACT:** Emotional Intelligence Trainings

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

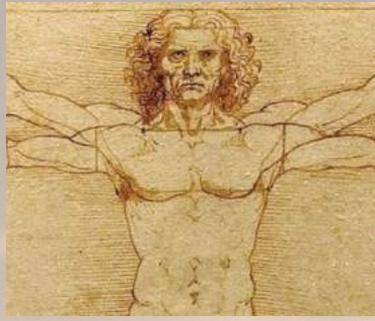
**COST** \$397 or \$50 casual basis

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 3rd, 10th, 17th, 24th, 31st January 19:00 - 31:00 Weekly  
**WHERE:** 52 Kars St, Frankston VIC 3199, Australia  
**CONTACT:** Peter Anthony - 0419 440 665 Steve Angel - 0418 143 969  
**EMAIL:** [connect@menwithspirit.com.au](mailto:connect@menwithspirit.com.au)  
**WEBSTE:** <http://www.menwithspirit.com.au/>  
**COST** 1st Group FREE - \$20 After

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

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

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## Warrior Within Men's Circle (Melbourne)

- WHEN:** 25th January (4th Tuesday of Month) 19:30 - 20:30  
**WHERE:** The Fifth Direction, 82 St Kilda Rd, St Kilda, Melbourne, 3182,  
**CONTACT:** Asher Packman  
**EMAIL:** [asherpackman@gmail.com](mailto:asherpackman@gmail.com)  
**WEBSTE:** <http://www.warrior-within.com.au/>  
**COST** \$25.00

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

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

[More Information ...](#)

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



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

- WHEN:** Tuesdays 7th, 13th, 20th, 27th January (Every 2 Weeks) 18:30 - 21:30
- WHEN:** Thursdays 2nd, 9th, 16th, 23rd, 30th January 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 ...](#)

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



## Kulin Open Group for Men

- WHEN:** Tuesday 4th, 18th January- 18:30 - 21:00 Weekly
- WHERE:** In-Person - 2nd, 16th and 30th 2-Weekly Ashmore Street, Brunswick VIC
- CONTACT:** Demian Natakhan 0468 309 863
- EMAIL:** [info@mkpvic.com.au](mailto:info@mkpvic.com.au)
- WEBSTE:** <http://mkpvic.com.au>
- COST** **FREE**

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



## Melbourne Men's Group

- WHEN:** Tuesday 4th, 11th, 18th, 25th January 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 11th, 18th, 25th January, 18:00 - 21:00 Every Week  
**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:** 6th, 20th January (1st and 3rd Thursdays of the Month ) 18:30 - 20:00  
**WHERE:** Mooroolbark Eastern Suburbs, Melbourne  
**EMAIL:** Build a Brotherhood [admin@buildabrotherhood.com](mailto:admin@buildabrotherhood.com)  
**WEBSTE:** <http://BuildaBrotherhood.com>  
**COST** **FREE**

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

After losing her brother to suicide, it made her realise the lack of support for men's mental health, the facilitator has been trying to Build A Brotherhood. A place where we hope to end men suffering in silence. With the help of Leah, our family therapist and drug/alcohol counsellor, our twice a month support group has been growing each week.

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



## Ballarat Men's Support Group

- WHEN:** Thursdays 2nd, 16th, 30th January (Every Two Weeks) 18:45 - 21:00  
**WHERE:** Ballarat  
**CONTACT:** Andrea Tindiani  
**EMAIL:** [andreatindiani@mail.com](mailto:andreatindiani@mail.com)  
**WEBSTE:** <https://www.facebook.com/events/548677286169843>  
**COST** \$40

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

Despite many men having friends and family around day today, the truth is that most guys don't have the opportunity to share what is truly happening in their lives and how they really feel about it.

Most men just go on about their daily lives without really noticing the signs of isolation until ADVERSITY STRIKES and realise they only HAVE A FEW OUTLETS to get stuff off their chest or talk things through. This is particularly true for men entering their '30s, '40s and '50s who focus on their careers or their families and all of a sudden run into new challenges like ... [More Information...](#)



## The Man Walk ~ Philip Island

- WHEN:** Every Friday morning 7th, 14th, 21st, 28th January  
**WHERE:** Corner of Church Street and Thompson Avenue, Philip Island  
**CONTACT:** 1300 948 947 Various Facilitators  
**EMAIL:** [malmccann53@gmail.com](mailto:malmccann53@gmail.com)  
**WEBSTE:** <https://www.facebook.com/pimensbreakfast/>  
**COST** **FREE**

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

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

#Manwalk #themanwalk



## Free BBQ's now online

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

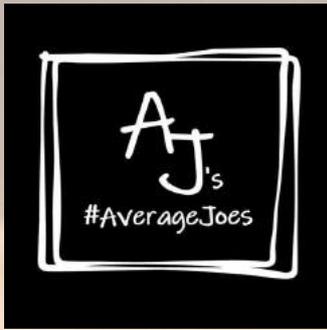
Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found something was missing in the support he accessed. Ironically his best mate called him "Mr Perfect" for years without knowing his struggle.

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 ...](#)

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



## Average Joes Weekly Meetups

- WHEN:** Monday 3rd, 10th, 17th, 24th January 19:30 - 21:00  
**WHERE:** Kurrajong Heights, NSW 18:30-19:30  
**WHERE:** Cams Wharf, NSW, 10:00-11:00  
**WHEN:** Tuesday 4th, 11th, 18th, 25th January 19:30 - 21:00  
**WHERE:** Kenilworth QLD 09:00 - 10:00  
**WHEN:** Wednesday 5th, 12th, 19th, 26th January 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 6th, 13th, 20th, 27th January 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 7th, 14th, 21st, 28th January 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 3rd, 10th, 17th, 24th January 06:15 - 07:30 Weekly  
**WHEN:** Wednesday 5th, 12th, 19th, 26th January 06:15 - 07:30 Weekly  
**WHEN:** Friday 7th, 14th, 21st, 28th January 06:15 - 07:30 Weekly  
**WHERE:** Dee Why Beach, NSW, Australia  
**CONTACT:** Instagram @mongrelsmen Facebook @mongrelsmen  
**EMAIL:** [mongrelsmen@gmail.com](mailto:mongrelsmen@gmail.com)  
**WEBSTE:** <http://www.mongrelsmen.com>  
**COST** **FREE**

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

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## Free BBQ's now online

- WHEN:** Saturdays and Sundays in January 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.

[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

# QUEENSLAND



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

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

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

[For more information ...](#)

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## Complete Men Group

**WHERE:** January In-Person - Wednesday 5th, 12th, 19th in Robina 18:45 - 21:00  
**WHERE:** January In-Person - Thursday 6th, 13th in Coomera 18:45 - 21:00  
**CONTACT:** Tim on 0422 508 533  
**WEBSTE:** [www.completemen.org/mens-groups.html](http://www.completemen.org/mens-groups.html)  
**COST** **FREE**

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



## The Gathering

- WHEN:** Thursday 6th January 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](https://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 ...](#)

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

- WHEN:** Thursday 6th January 18:45 - 21:00 (First Thursday of month)  
**WHERE:** Chermside Library, 375 Hamilton Road, Chermside QLD 4032, Australia  
**CONTACT:** [Men's Wellbeing](#)  
**EMAIL:** [admin@menswellbeing.org](mailto:admin@menswellbeing.org)  
**WEBSTE:** <http://www.menswellbeing.org.au/>  
**COST** **FREE**

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

[For more information ...](#)

# Weekly Men's Connection



## Men's Weekly Connection – Gold Coast

- WHEN:** Saturdays 1st, 8th, 15th, 22nd, 29th January (Every Week) 07:00 - 09:00  
**WHERE:** Cougal Cascades, Currumbin Valley, Goast  
**CONTACT:** Courageous Mens Collective, Jacob O'Neill 0407 067 240  
**EMAIL:** [jacob@mansmovement.com.au](mailto:jacob@mansmovement.com.au)  
**WEBSTE:** <https://www.facebook.com/Courageousmenscollective>  
**COST** **FREE**

### *The flow:*

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

### *This is for you if...*

- *You want a deeper connection with a conscious community of men.*
- *You need space to just be and receive as a man.*
- *You want to spend time in nature and become more present*
- *You want to slow down the mind and connect with your heart.*

### *More Information...*

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## Free BBQ's

- WHEN:** Saturdays and Sundays in January 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

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More [Information ...](#)

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

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# TASMANIA



## Free BBQ's

- WHEN:** Saturdays and Sundays in January 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.

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More [Information...](#)

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TASMANIA Burnie, Kentish, Ulverstone

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# ACT



## Free BBQ's

- WHEN:** Saturdays and Sundays in January 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 3rd, 10th, 17th, 24th January 19:30 - 21:00
- WHEN:** Wednesday 5th, 12th, 19th, 26th January 19:30 - 21:00
- WHEN:** Friday 7th, 14th, 21st, 28th January 19:30 - 21:00
- WHEN:** Sunday 2nd, 9th, 16th, 23rd, 30th January 19:30 - 21:00
- WHERE:** Online/Virtual
- COST** **FREE**
- CONTACT:** <https://www.facebook.com/groups/VicroianBrotherhood>  
[info@victorianbrotherhood.info](mailto: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:** 3rd, 17th, 31st January (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:** 31st January (Last Monday of month) 19:30 - 20:30  
**WHERE:** Online  
**CONTACT:** Secret Mens Business (SMB)  
**WEBSTE:** <https://www.facebook.com/groups/secretmensbusinessor>  
**COST** **FREE**

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

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

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

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



## Menswellbeing ~ Common Ground

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

OMG MOMENTS - ...Men...Him...Us...Me...Namaste and good health to you, OMG's are here for your wellbeing and in turn, benefiting others.\* BE REWARDED \* IT'S EASY \* IT'S FREE

What's happening in your life? Come along, connect and reap the benefits of sitting in a circle. You've been there before, you know the benefits, now it time to do it again ....don't just say you will! We want to connect with you too. Join our OMG meetings to experience the wholesome opportunity to connect with good men ...[More Information ...](#)



## Primal Man Project – Virtual Men’s Circle

**WHEN:** Tuesday 4th, 18th January  
**TIME:** 20:00 - 21:30  
**WHERE:** Online/Virtual  
**CONTACT:** <https://www.facebook.com/PrimalManProject>  
**EMAIL:** [jason@bluett.org](mailto:jason@bluett.org)  
**COST** **FREE**

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

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

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 ...](#)

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## Gathering Men • On-Line Gathering

**WHEN:** Tuesday 4th January (First Tuesday of Month)  
**TIME:** 19:00 - 20:30  
**WHERE:** Online/Virtual  
**CONTACT:** <https://www.facebook.com/gatheringmen>  
**WEBSITE:** <https://gatheringmen.org/>  
**EMAIL:** [connect@gatheringmen.org](mailto:connect@gatheringmen.org)  
**COST** **FREE** Donations are Welcome

### WHY

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



## One Dad ~ Free Online Sharing Circle

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

### INTENTIONS OF THIS FB MEN'S GROUP:

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



## Complete Men Group

**WHERE:** Online - Thursday 6th January 18:45 - 21:00  
**CONTACT:** Tim on 0422 508 533  
**WEBSTE:** [www.completemen.org/mens-groups.html](http://www.completemen.org/mens-groups.html)  
**COST** **FREE**

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

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## Mammoth Hunters Weekly Group Video Men's Chat

**WHEN:** Thursdays 6th, 15th, 22nd, 29th January 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...](#)*



## Island of Men - Men's Sharing Circle

**WHEN:** Thursday 6th October (First Thursday of the month) 19:00 - 21:00

**WHERE:** Online

**CONTACT:** Adrian Selley, 0412 217 919

**EMAIL:** [adrian@islandofmen.com](mailto:adrian@islandofmen.com)

**WEBSTE:** [Islandofmen.com](http://Islandofmen.com)

**COST** **FREE**

A monthly gathering and help circle to connect with the IOM brotherhood. A space to check-in, share, be heard and be heard in a safe container. Island of Men (IOM) is a not-for-profit organisation dedicated to creating transformational spaces for men. Our belief is simple; men's work to support men, women and the wider community. The Zoom link will be emailed to you 30 minutes before the event commences. [More Information ...](#)



## Mankind Project - iGroups Online????

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

**WHERE:** [MKP Online Open Men's Groups](#)

**CONTACT:** 1300 948 947 Varoious Facilitators

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

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

**COST** **FREE**

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

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

At iGroup, you get a chance to look at what about your life is working? What's not? What do you want to change? You'll form a deep connection with yourself. You'll build deep relationships with other individuals, and you'll experience the love and support of a community of men working to better themselves and the world.

[More Information ...](#)



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

- WHEN:** Lunchtime every day in January - Times Vary  
**WHERE:** Online Open Men's Groups  
**EMAIL:** [info@mensgroups.co.uk](mailto:info@mensgroups.co.uk)  
**WEBSTE:** <https://mensgroups.co.uk>  
**COST** **FREE** Donations are Welcome

MenCheck-in was launched in response to the Coronavirus pandemic. It is currently running online every weekday at lunchtime by donation. This mini-men's group is a great space to share whatever's on your mind, release some pressure and connect with others. Up to nine men per group, though we split into smaller groups led by different facilitators if numbers are high. **FREE** Quickstart Guide for those who wish to start their own men's groups <https://mensgroups.co.uk/quick-start-guide/>



## MenSpeak Men's Groups (Online)

- WHEN:** Daily Check-ins every day in January - Times Vary  
**WHERE:** MenCheck-In  
**EMAIL:** [info@mensgroups.co.uk](mailto:info@mensgroups.co.uk)  
**WEBSTE:** <https://mensgroups.co.uk>  
**COST** **FREE** Donations are Welcome

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



## Voice Of Men ~ Addiction & Awareness

**WHEN:** Every Sunday 2nd, 9th, 16th, 23rd, 30th January

**TIME:** 10:00 - 10:30 Canadian ET

**WHERE:** Online/Virtual

**CONTACT:** [Voice of Men 360](#)

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

**EMAIL:** [info@voiceofmen360.org](mailto:info@voiceofmen360.org)

**COST** **FREE**

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

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# REGULAR CONTENT ...

## Cecil's Men's Hub ~ Men's Groups Worldwide Directory



Did you know that my Cecil's Men's Hub ~ Men's Groups Worldwide Directory is ready and available, please visit to see how this platform can help change Men's lives and connect them to Men's Groups on a regular basis.

The Directory (over 450+ Men's Groups already) will initially cover Australia with Groups from London, UK, Ireland, Canada, Singapore, Austria and North America.

\* Some of the Groups are under a 'Claims Listing', this will enable existing Men's Groups that find their Group to 'Claim' it as their own as a 'FREE'

Basic Group or upgrade to a 'Paid' Plan & gain extra benefits/features.

### WHAT'S AVAILABLE?

The Directory will allow Men to search for their nearest Men's Group to their location FREE of charge!

It will enable any existing Men's Groups Worldwide to register a FREE to join and get a 'Basic' listing, they get listed in seconds, this will give them a low priority 'GoogleMaps @ Pin' search result, and this will be under 1 particular Association.

Some Men when searching for a Men's Group, have heard of a particular Men's Group type or Association.

It's for this reason that I have created Categories for each of the common ones to be used in the Search Bar, this will 'Auto-Fill' as the user types. Currently, there are 11 Associations that each Men's Group can be listed under, depending on their style of facilitation/origin that they follow.

### THESE INCLUDE:

- \* Australian Men's Shed Association, \* Complete Men
- \* Canadian Men's Shed Association, Individual Group,
- \* The Male Journey (UK)
- \* Mankind Project (MKP) - Australia/UK/Canada,
- \* MenSpeak Men's Groups
- \* Men's Wellbeing ~ Common Ground Trained, \* Melbourne Men's Groups,
- \* Menergy Men's Group Network, \* MensWork Project (Incl),
- \* MensSpeak Men's Groups (UK), \* Men's Team,
- \* MensWork Project (Inc)
- \* OM:NI (Older Men: New Ideas), \* The Male Journey Ltd,
- \* UK/Ireland Men's Shed Association.

Please read the full version of the launch document [here](#).

# YEARLY MEN'S GATHERINGS ...

## WHAT IS MEN'S GATHERING?

A Men's Gathering is where you can connect with other Men, from all backgrounds, religions, political and sexual persuasions. These gatherings offer a safe, non-judgmental, supportive space where men can explore the connections, modalities, challenges and exercises that facilitate real and lasting change. They all offer high-quality workshops from varied Modalities, that you are free to take part in as many or few as you wish. This is your time, to use as you wish but hey, why not take advantage of the experience? There are currently 15 Yearly Men's Gatherings as part of Open Ground training per year in Australia, plus others that are not part of the Common Ground training, and one in New Zealand.

## MEN'S GATHERING BY MONTH

### JANUARY



## SYDNEY MEN'S FESTIVAL

The Sydney Men's Festival is a chance to talk, relax, participate in and run workshops with other men. The Festival is an annual event held at the end of January each year on the second last full week of the school holidays. The Festival is open to all men regardless of colour, creed, religion, sexuality, profession or employment status.

### Affinity Groups

At the previous festivals, we have formed small groups to provide support and companionship. These affinity groups have provided a focus for each of us to share our experiences throughout the Festival. The groups take turns in preparing meals, washing-up and cleaning.

### Workshops

Anyone at the Festival can present a workshop. In previous years, workshops have explored such issues as men's health, love, fear, shame and guilt, spirituality, anger, wild man, meditation, community, initiation, parenting, touch, sexuality and sensuality, wrestling, singing, massage.

### Food

The first meal of the festival will be served at dinnertime on Sunday. For cost and health, meals are mainly vegetarian, sometimes with meat options, and are organised by the affinity groups with the help of the food coordinator. You are welcome to make arrangements if you have a special diet.

### Activities

The camp is in bushland overlooking the Georges River, so there is plenty of opportunity for swimming and bushwalks. A cabaret is normally held on Saturday night.

### Accommodation

Only a limited number of bunks with the mattress are available in dormitories or cabins, so please bring your own sheets and pillow. Also as a backup, please bring a tent, sleeping bag, pillow and mattress. [Read more...](#)

# FEBRUARY

No Gatherings currently ...

# MARCH



## TASMEN MEN'S GATHERING 2021

Friday 5th – Monday 8th March

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

If you have any questions email Barry Fleming, our 2021 Gatekeeper: [barryfleming1@gmail.com](mailto:barryfleming1@gmail.com)

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



Friday 26th – Sunday 8th March

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

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

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

3 Days: Keynotes | Workshops | Sharing Circles | Networking

Cost:

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

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

(From [OnlineMensGathering.com/](https://OnlineMensGathering.com/))

APRIL



## ISLAND OF MEN ~ HOBART

Once per year, April.

Island of Men (IOM) is a 1-day event dedicated to helping men find a deeper connection with Self, Community and Nature.

We are excited to announce our upcoming event, 'IOM -

This is Me' will be occurring on December the 7th at Cataract Scout Park.

IOM is a unique experience that provides something different for each individual.

See the above IOM ~ Melbourne for more details...

There will be updates and instructions on the IOM Facebook page ([facebook.com/islandofmen](https://facebook.com/islandofmen)) leading up to the event so make sure you like the page to ensure you are receiving updates.

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

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## EVERYMAN MEN'S GATHERING

Twice per year, May and November

When: See dates and times in specific months events

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

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

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

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



## IOM #6 - METAMORPHOSIS

Four per year, April, July and November, December

Island of Men (IOM) is a 1-day event dedicated to helping men find a deeper connection with self, community and nature. We are excited to announce that this event will be unlike any island before. We have an incredible new location, new facilitators and a brand new program.

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

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

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

"What a day!

*A fantastic experience to be surrounded by so many amazing hu-men. The workshops were great, the love felt by all, the power of the Sacred Heart circle. This is a much-needed facility in a time where I, as a man, realise it's on me to create the change I want for myself and my surroundings. And to spread that change to all men around me. A powerful tool to claim back our masculinity.*

*"What an amazing day. Very full and heavy heart by the end, in a very good way!"*

*Truly powerful and inspirational work behind the guys that brought this beautiful space together. What an Honour it was to be apart of this event !! An absolute must for Men - Please do more.*

*"A great day organised by great people, I went in hungover and came out inspired!"*

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



## ISLAND OF MEN ~ SYDNEY

Two per year, April and December

Island of Men (IOM) is a 1-day event dedicated to helping men find a deeper connection with Self, Community and Nature.

We are excited to announce our upcoming event, 'IOM -

This is Me' will be occurring on December the 7th at Cataract Scout Park.

IOM is a unique experience that provides something different for each individual.

See the above IOM ~ Melbourne for more details...

There will be updates and instructions on the IOM Facebook page ([facebook.com/islandofmen](https://facebook.com/islandofmen)) leading up to the event so make sure you like the page to ensure you are receiving updates.

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

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## MAY



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

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

Our landscape can regenerate.

How is your landscape doing?

Manshine 2021 has workshops to energise, question and explore – all the tools you need to help seed your own regeneration.

At Men's Wellbeing, we pride ourselves on supporting men through whatever they are going through, whether they are flourishing and looking to enrich their lives or they have hit a crisis and are reaching out for help. You will find men from many different backgrounds and experiences all coming together for the long weekend in May to help support one another along the journey. [Read more ...](#)



## WISE MEN GATHERING

Wise Men Gathering 2021 is Friday 21st May – Sunday 23rd May 2021

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

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

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

[Read more ...](#)

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## JUNE



## SYDNEY NATIONAL MEN'S GATHERING

11th – 14th June 2021

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

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

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

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

Check out: 3 pm Monday 14th June

Cost: \$460

[Book Now](#)

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

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## JULY

No Gatherings currently ...

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## AUGUST



### Get more out of life

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

Renewal, change, understanding...freedom

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

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

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

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## SEPTEMBER

No Gatherings currently ...

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## OCTOBER



### MENERGY MEN'S GATHERING

Menergy is the Victorian arm of a national not-for-profit organisation Men's Wellbeing that has been providing men's events and men's support groups for over 20 years.

Menergy is an all-inclusive 3 day Men's Gathering wilderness retreat that provides workshops and ritual around celebrating masculinity and helps men discover more of themselves in a nurturing, supported and trusted way. The detailed program we run has been developed for over 15 years and has seen thousands of men grow and learn through this process.

At the heart of a Menergy weekend is the opportunity to attend and partake in many of the myriads of workshops that are focused on Men's health and wellbeing. These workshops help men to be empowered in our masculinity through vulnerability, support, and a greater understanding of trusting ourselves and our unique gifts as men. (from [Menergy.org.au](http://Menergy.org.au))



## MAN ALIVE

MAN ALIVE Men's gathering is a weekend away just for men - all men. Away from work, family and social commitments you can spend your time being instead of doing. MAN ALIVE open to all men from any background, religious, political or sexual persuasion. We encourage men to be real with themselves and others in a supportive and non-judgemental environment.

You can expect a warm welcome and plentiful conversation and laughter, with many opportunities to get to know yourself and others in a strongly grounded space of respect, growth and trust. We run our gatherings based on the concept of Open Space - where you can offer to host a session, ask for a specific session to be run, or participate where you are called to. This gives us the chance to co-create an agenda for the weekend that suits where we are all at. We also have components of ceremony and home groups, which support us to connect as a whole community and make sense of what we are learning together. [More Information ...](#)

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## BEDROCK

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

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

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

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

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](http://ManHood.org.au))

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## NOVEMBER



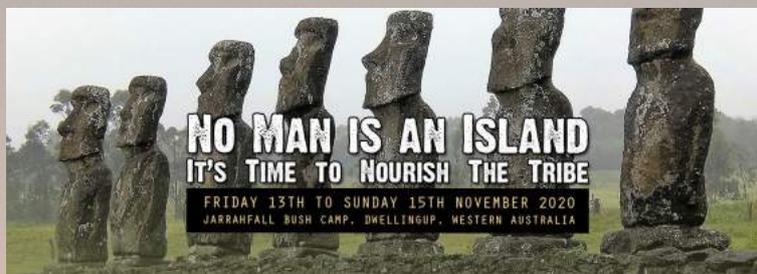
## SOUTHERN MEN'S GATHERING

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 ...](#)