

Welcome to Cecil's Men's Hub

The 'Virtual Men's Gathering'

YOUR JOURNEY BEGINS ...



Feedback

Volume 4, Issue 8

\$2

What's Happening in Men's Work in February 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, what's happened, already a month has gone by! The latest edition Newsletter from Cecil's Men's Hub ~ The Virtual Men's Gathering and Worldwide Men's Group Directory. The newsletter is over 40+ pages now and has been redesigned to make it easier to find what you are looking for. It's now grouped in sections, so you can instantly go to the area of interest.

"Please. remember this is a Comprehensive newsletter and not a brief read."

It includes what is happening within Men's Work in the next month, but also regular events and brief details of every Men's Gathering for the whole year. There are extra details to be found via the links in every event.

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

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

CONTENT

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

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

I'm very pleased to announce that 'Movember' 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 with your recommendation.

MEN'S COACH ARTICLE



Anger is Inherent for Men, but it is No Longer Acceptable to Succumb to Rage

By Brendon W Giebel

AdvancedMensDevelopment.com

As species, humans have a wide range of complex emotions, and one of the strongest ones is anger. Both men and women can experience it, and at just six months old, babies can show this emotion by frowning. Even though anger is universal for the human race, it's often misunderstood.

More specifically, angry men are seen as negative, threatening, and dangerous. Of course, this has nothing to do with nature or biology. It's the current culture and social structures that have taught us to believe that all types of anger are bad.

However, there's more to it. It's not fair to say that men who get mad are doing this due to some underlying issues or violent behavior. So let's explore the topic a bit more.

Continued ...

"Only you and you alone can change your situation. Don't blame it on anything or anyone."

– Leonardo DiCaprio

@BUSINESSMINDSET101

What is Anger?



Everyone has felt anger in their lives. It's normal, and lots of different situations can trigger feelings of anger. People get angry emotions for different reasons. Some of the most common causes of anger are:

- Frustration
- Feeling powerless
- When we are feeling threatened in some way
- When we're treated unfairly

Two people don't necessarily have to get angry for the same reason. Even though anger in men is seen as toxic and negative, it's a part of our evolution and biology. It's a natural response to being threatened and challenged.

There's nothing wrong with feeling angry. It's about how you manage it. That's an important part of our mental health and determining whether we control anger, or it controls us.

Men's Anger is Unrecognized

In this modern world, men have been sidelined. We can talk about political correctness all day, but a fact is a fact. More specifically, men's feelings and emotions aren't considered "important." In most cases, men are reduced to being animalistic and acting on their primary instincts.

Although this is true for some men, not all of them are the same, just like with women. When a man gets angry for the right or wrong reasons, he is seen as a threat and immediately shut down. Nobody is asking the single most important question: "Why is he angry?"

It can be especially difficult for men who are virtuous. For example, if you believe in justice and fairness, you can easily get angry if you see something wrong unfolding in front of you. If you get angry about it and people focus on shutting you down, it's easy to go into a rage, and this is never a good thing.

Why Are Angry Men Seen as a Negative Thing?

In some cases, men express and experience anger through societal expectations and through their natural biology. In the past, it was expected of men to behave a certain way. Typical traits of masculinity included control, authority, stoicism, and strength.

However, the social paradigm has shifted, and today masculine men are seen as dangerous and toxic, particularly if they exhibit any amount of anger. As we said before, not all anger is negative, and not all of it turns into rage. The new narrative teaches men and women that masculinity is inherently bad and abusive.

That's because there were and still are examples of very angry men who quickly go into a full rage. However, such fits are usually caused through years of poor anger management practices and deteriorating mental health. The worst thing possible is to actually attack those men, as they are often depressed and insecure.

To get over this kind of behavior, they need help and not further rejection. At the same time, men are less likely to seek mental health counseling because they feel that their emotions and feelings are being overlooked.

Continued ...

Men Shouldn't Keep Their Anger Bottled Up



Due to social pressures, men often react in one way – they bottle up their feelings of anger, even though it doesn't make them feel good. You might prevent yourself from showing your anger, but you will feel like you don't matter and will be reduced to a pushover.

That's never a good thing for men. You could lose your confidence completely and become afraid to express yourself, even in situations when you aren't feeling angry.

At the same time, piling up unresolved anger issues will only make you even angrier, which could lead to physical health issues.

Keeping your anger bottled inside doesn't mean that you are keeping yourself in control. It means that you are just piling up issues that will eventually blow up and lead you into a full-blown rage, which you want to avoid.

How to Express Your Anger in a Positive Way

As we said at the start, anger is completely natural for both men and women. Whenever you feel threatened physically or believe that your moral integrity is compromised, you should express anger. You can express anger respectfully and assertively.

Most importantly, anger is sometimes the best response for everyone involved. Don't be scared of your anger and express it the right way. When you express anger correctly while communicating what you are worried about, people will respond positively.

Yes, there will be those who try to put you down and say that you are toxic, but you shouldn't pay attention to those individuals. The main thing is to avoid going into a rage and doing reckless things that are actually toxic.

Even when you are angry, learn to focus your attention on what's bothering you, verbalize it, and explain what you think is wrong.

Bottom Line

In the end, if you are noticing that you are angry all the time or get triggered for no reason, consider getting help. Yes, men are often stoic, and society tells us that our emotions don't matter. Well, they do.

When you are angry for no reason, it means that there are deeper things bothering you. As coaches for men, we know that many men are misguided and don't have anyone to talk to, but all these issues can go away easily with proper guidance.

Brendon W Giebel
Master-Coach & Breakthrough Expert
Founder of AMD
Creator of The AMDap

Logos: IANLP, ICF, IAC, IACAP, IACAP, IACAP, IACAP

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 February

EXCITING ANNOUNCEMENT

AUSTRALIAN MEN'S COACH DIRECTORY COMING IN 2022

This is another project to fulfil my purpose:-

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

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

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

EXPRESSION OF INTEREST

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

MONTH SPECIFIC PHYSICAL EVENTS

Ordered by State and Territory

VICTORIA



WHEN: Wednesday 23rd February
TIME: 19:00 - 21:00
WHERE: Currawong Bush Park, 269-Reynolds Rd, Doncaster East VIC 3109
CONTACT: MMG 1300 96 7474
WEBSITE: <http://www.mensgroup.melbourne/>
EMAIL: info@mensgroup.melbourne
COST \$98.00

Relationship Skills Course

IMPROVE YOUR RELATIONSHIP SKILLS with this Relationship Skills Course

Melbourne Men's Group Inc. in association with Authentic Man™ Professional Counselling & Kinesiology invites you to our 2022 Relationship Skills course.

In a small group setting, you will learn:

- How to manage your emotions
- What helps to make relationships last and what puts relationships at risk
- About your relationship style
- Skills to manage conflict
- How to communicate in clear, healthy ways
- Relationship building skills

[More Information ...](#)

QUEENSLAND



WHEN: 12th February
TIME: 08:00 - 18:00
WHERE: The Archer Mountain Community, 68 Myleema Road, Mount Archer QLD 4514
CONTACT: Authentic Counselling Men +61423506011
WEBSITE: <https://bit.ly/33XU4Ck>
EMAIL: authentic@counsellingmen.com
COST \$220.00

Primal Man Project - Day Long Retreat - Sharpen the Spear

Human Transformation 2022 is a day Workshop for you (Men) that want to go under your skin, learn about your deepest fears and longings, connect with your Real Potential and with your True Identity, and apply this knowledge in Life. It is a day workshop based on a powerful Sacred Norwegian Story Lindworm – half serpent and half-human. The transformation into the latter is where the wisdom of the story is.

Why come to this Day Retreat:

1. Learn from your deepest fears;
2. Welcome the parts of yourself you don't like;
3. Identify and connect with your deepest desires and longings;
4. Connect with Nature & Silence;
5. Learn what the True Process of Transformation is;



WHEN: 19th February
TIME: 08:00 - 18:00
WHERE: The Archer Mountain Community, 68 Myleema Road, Mount Archer QLD 4514
CONTACT: Authentic Counselling Men +61423506011
WEBSITE: <https://bit.ly/33XU4Ck>
EMAIL: authentic@counsellingmen.com
COST \$220.00

Human Transformation 2022

Human Transformation 2022 is a day Workshop for you (Men) that want to go under your skin, learn about your deepest fears and longings, connect with your Real Potential and with your True Identity, and apply this knowledge in Life. It is a day workshop based on a powerful Sacred Norwegian Story Lindworm – half serpent and half-human. The transformation into the latter is where the wisdom of the story is.

Why come to this Day Retreat:

1. Learn from your deepest fears;
2. Welcome the parts of yourself you don't like;
3. Identify and connect with your deepest desires and longings;
4. Connect with Nature & Silence;
5. Learn what the True Process of Transformation is; [More Information ...](#)

WESTERN AUSTRALIA



WHEN: 4th - 6th February
TIME: 15:00 - 17:00
WHERE: Donnelly River Village Cnr Sears & Andrews Rds Donnelly River WA 6258
CONTACT: The Good Blokes Co
WEBSITE: <https://www.goodblokes.co/>
EMAIL: mike@goodblokes.co
COST: \$795

Good Blokes Retreat – February 2022

The Good Blokes retreat is an immersive 'Bloke Skills' training weekend for men committed to a better way to 'bloke'.

It's an opportunity to take a breath amongst the Karri trees, reconnect to purpose, consider our impact on the world around us and build a network of solid blokes.

We will explore manhood and masculinity and also gain the knowledge and confidence to build a healthy culture and stronger connections for men and boys in your community.

Whether you want to strengthen the community with men at your work or your sports club or with your son's mates, or if you're struggling and need some clarity ... [More Information ...](#)

NEW SOUTH WALES
SOUTH AUSTRALIA
TASMANIA
ACT
NORTHERN TERRITORY

No Events Discovered
No Events Discovered
No Events Discovered
No Events Discovered
No Events Discovered

MONTH SPECIFIC ONLINE EVENTS

ONLINE / VIRTUAL



The Men's Table Entree on Zoom

WHEN: Monday 7th February 2022 - 19:50 - 21:30
WHERE: Online
CONTACT: The Mens Table, +61424993366
EMAIL: hello@themenstable.org
WEBSTE: <http://www.themenstable.org/>
COST \$5.00

An introduction to The Men's Table through stories and dialogue, for men interested in being part of a Men's Table group

"I feel very encouraged about the opportunity this presents for men; to come together and be real with each other" – Adam, Entree' Attendee

"Very positive... great step towards the future" – Wayne, Entree' Attendee

The Entree will introduce you to how the Men's Table works in a relaxed and conversational online video call.

It will be hosted by two experienced members from existing Tables, sharing our experiences from the first 35+ Tables, and responding to your questions, concerns and ideas as you consider joining an existing Men's Table or being part of starting a newly forming Table in your local area.

What is the Men's Table? [More Information ...](#)



Island of Men – Monthly Island Online

WHEN: Sunday 13th February 2022 - 10:00 - 13:30
WHERE: Online
CONTACT: Island of Men, 0414217919
EMAIL: adrian@islandofmen.com
WEBSTE: <https://islandofmen.com/>
COST \$22.19

Monthly Island Online, join us for a day of connection, support and growth amongst a growing brotherhood of everyday men.

We are excited to be delivering our monthly live web-based program, bringing the Island of Men experience to your home (or wherever you may be).

We've got a great day of the ceremony, sharing circles and a facilitated workshop lined up for the Online Island of Men event!

This event gives us the opportunity to connect and share with each other in a meaningful way... something we're all needing right now in the context of isolation and solitude.

We've designed the online program so everyone will not only have the opportunity to be inspired by talks and workshops but also have the opportunity to connect with others, to listen and to be heard. For many that attend, sharing is a big part of what the Island of Men is about – and of course, sharing is always optional. [More Information ...](#)

REGULAR PHYSICAL EVENTS ...

Ordered by State and Territory, Day

VICTORIA



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

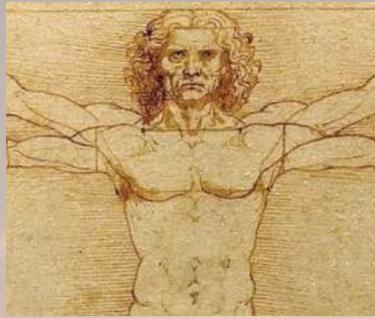
- WHEN:** 7th February (First Monday of month) 18:30 - 21:30
WHERE: Hazeldell in The Dandenongs
CONTACT: Emotional Intelligence Trainings
WEBSTE: <http://www.eq.net.au/>
COST \$397 or \$50 casual basis

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 7th, 14th, 21st, 28th February 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:** 22nd February (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 ...](#)

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



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

- WHEN:** Tuesdays 7th, 13th, 20th, 27th February (Every 2 Weeks) 18:30 - 21:30
- WHEN:** Thursdays 2nd, 9th, 16th, 23rd, 30th February 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 8th, 22nd February- 18:30 - 21:00 2 Weekly
- WHERE:** 2 Weekly Ashmore Street, Brunswick VIC
- 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 ...](#)



Melbourne Men's Group

- WHEN:** Tuesday 1st, 7th, 15th, 22nd February 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 1st, 8th, 15th, 22nd February, 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:** 3rd, 17th February (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 3rd, 10th, 17th, 24th February (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 4th, 11th, 18th, 25th February
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



Blackburn Men's Walk and Talk

- WHEN:** First and Third Saturday 5th, 19th February
WHERE: South Parade, Blackburn VIC 3130
CONTACT: Blackburn Men's Walk and Talk (03) 9878 6632
EMAIL:
WEBSTE: <https://www.facebook.com/BlackburnMensWalkandTalk>
COST **FREE**

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

Meet at the top of the steps from the underpass outside Blackburn Station on South Parade ready to leave at 8 am.

We will follow back roads and trails which can occasionally get a little muddy in places after rain. The route is mostly flat with just one very short section of uphill walking. We will walk at different paces to suit all men attending and take a break at the Yarning Circle at Blackburn Lake. There are public toilets in Blackburn Village and at Blackburn Lake. Men are welcome to join us for a coffee and chat at the end of the walk at Blackburn Village. [More Information ...](#)



Free BBQ's now online

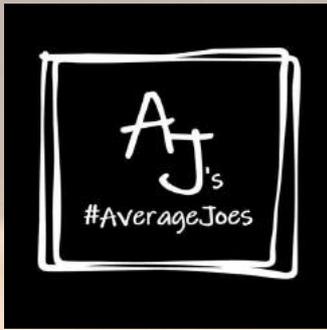
- WHEN:** Saturdays and Sundays in February varied times (Please Check)
- WHERE:** BBQ's for Community & Connection
- CONTACT:** Terry Cornick
- WEBSTE:** <https://mrperfect.org.au/>
- COST** **FREE**

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

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 7th, 14th, 21st, 28th February 19:30 - 21:00
WHERE: Kurrajong Heights, NSW 18:30-19:30
WHERE: Cams Wharf, NSW, 10:00-11:00
WHEN: Tuesday 1st, 8th, 15th, 22nd February 19:30 - 21:00
WHERE: Kenilworth QLD 09:00 - 10:00
WHEN: Wednesday 2nd, 9th, 16th, 23rd February 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 3rd, 10th, 17th, 24th February 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 4th, 11th, 18th, 25th February 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 7th, 14th, 21st, 28th February 06:15 - 07:30 Weekly
WHEN: Wednesday 2nd, 9th, 16th, 23rd February 06:15 - 07:30 Weekly
WHEN: Friday 4th, 11th, 18th, 25th February 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 February 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 ...](#)

.....

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



Kawana Mens Circle ~ Weekly

WHEN: Monday 7th, 14th, 21st, 28th February
TIME: 06:00 - 07:30
WHERE: Kawana Surf Club, 99 Pacific Blvd, Buddina QLD 4575
CONTACT: Conscious Men's Brotherhood (CMB) Sunny Coast
COST **FREE**

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

For more information ...

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



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

WHEN: Tuesday 14th, 28th February
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: January In-Person - Wednesday 2nd, 9th, 16th in Robina 18:45 - 21:00

WHERE: January In-Person - Thursday 3rd, 10th, 17th 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 3rd February 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 3rd February 18:45 - 21:00 (First Thursday of month)
WHERE: Chermside Library, 375 Hamilton Road, Chermside QLD 4032, Australia
CONTACT: [Men's Wellbeing](#)
EMAIL: admin@menswellbeing.org
WEBSTE: <http://www.menswellbeing.org.au/>
COST **FREE**

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

[For more information ...](#)

Weekly Men's Connection



Men's Weekly Connection – Gold Coast

- WHEN:** Saturdays 5th, 12th, 19th, 26th February (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 February varied times (Please Check)
WHERE: BBQ's for Community & Connection
CONTACT: Terry Cornick
WEBSTE: <https://mrperfect.org.au/>
COST **FREE**

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

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

[More Information ...](#)



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



Free BBQ's

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

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

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

More [Information ...](#)

.....

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

TASMANIA



Free BBQ's

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

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

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

More [Information...](#)

.....

TASMANIA Burnie, Kentish, Ulverstone

ACT



Free BBQ's

- WHEN:** Saturdays and Sundays in February 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 7th, 14th, 21st, 28th February 19:30 - 21:00
- WHEN:** Wednesday 2nd, 9th, 16th, 23rd February 19:30 - 21:00
- WHEN:** Friday 4th, 11th, 18th, 25th February 19:30 - 21:00
- WHEN:** Sunday 6th, 13th, 20th, 27th February 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 ...](#)

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



Authentic Men's Business – Online Men's Circle

- WHEN:** 7th, 28th February (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:** 28th February (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 Busutil 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 February 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 1st, 15th February
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 1st February (First Tuesday of Month)
TIME: 19:00 - 20:30
WHERE: Online/Virtual
CONTACT: <https://www.facebook.com/gatheringmen>
WEBSITE: <https://gatheringmen.org/>
EMAIL: connect@gatheringmen.org
COST **FREE** Donations are Welcome

WHY

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



One Dad ~ Free Online Sharing Circle

WHEN: Wednesday 16th February 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 3rd, 10th February 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...](#)



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

Mammoth Hunters Weekly Group Video Men's Chat

WHEN: Thursdays 6th, 15th, 22nd, 29th February 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: ??
WHERE: Online
CONTACT: Adrian Selley, 0412 217 919
EMAIL: adrian@islandofmen.com
WEBSTE: Islandofmen.com
COST **FREE**

A monthly gathering and bonding 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 February - Times Vary
WHERE: [MKP Online Open Men's Groups](#)
CONTACT: 1300 948 947 Varoious Facilitators
EMAIL: info@mankindproject.org.au
WEBSTE: <https://mankindproject.org.au/>
COST **FREE**

Men from all walks of life attend MKP iGroup. Individuals just like you. Fathers, sons, brothers, husbands and lovers. Educated and uneducated men. Professionals, tradies, educators, creatives, office workers, athletes, business people, labourers, artists, soldiers, and 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 February - 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 February - 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 6th, 13th, 20th, 27th February

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,
- * Menegy 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



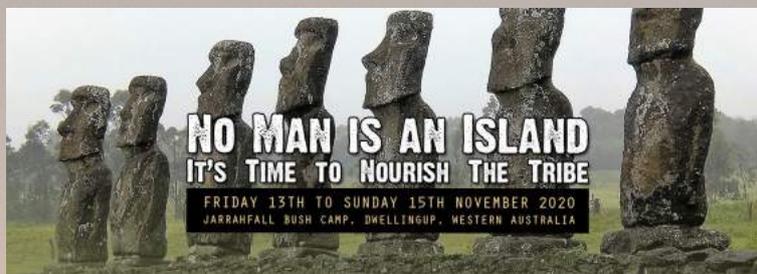
SOUTHERN MEN'S GATHERING

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 ...](#)