

Welcome to Cecil's Men's Hub

The 'Virtual Men's Gathering'

YOUR JOURNEY BEGINS ...



Feedback



Volume 3, Issue 35

\$2

What's Happening in Men's Work in May 2021

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

Hi Guys,

Welcome to the latest edition Newsletter from Cecil's Men's Hub ~ The Virtual Men's Gathering and Worldwide Men's Group Directory.

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

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

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

Thanks to Nic Dob for writing the article in my newsletter.

My Core Values are:

* Purpose * Steady * Growth

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

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

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

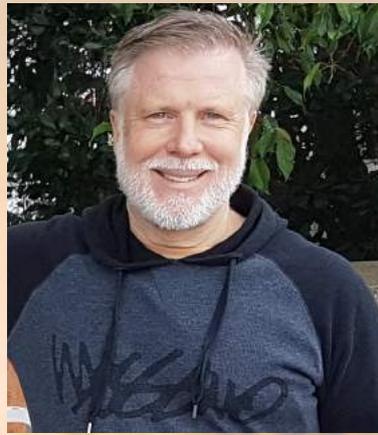
PAID NEWSLETTER - UPDATE

I want to thank all of the people that have downloaded a copy of the March 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 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 on newsletter@CecilsMensHub.com with your recommendation.

GUEST ARTICLE



What Did I Say?

By Nicholas Dobrosklonsky - 2018

People are telling me “I’m not happy where I am, with my struggling love-life, my boring job, my stressful bosses, my lack of fitness, my poor finances, my dim social life, my aches and pains, my....?” I hear them say “I’m tired, I’m lonely, I’m depressed, I’m poor, I’m overweight, I’m stuck here, I can’t find a good partner, I’m stressed, I’m too old or it’s too hard!”

What did I say? Ask yourself this question. What did I say? Stop and listen to those words above, they’re pessimistic, defeatist and gloomy and they’re feeding your mindset. When you learn to change your mindset and to consciously and deliberately feed your mind more positive dialogue, it is strange, but things around you start to change for the better. Then when you create a habit you will set in motion some positive responses and you’ll have more joy in life, it will become easier. “But how?” you may ask. One technique I use is to “ACE” it. Learning the simple technique to “ACE” will help you to facilitate change and adjust how you say what you say. More on that topic soon.

The words you speak and the thoughts you think are powerful because they are food for your subconscious mind and your subconscious programming which drives your behaviours. By consciously selecting different, Contd ...

more positive and affirming words and employing them to express yourself with upbeat emotions you will actually begin to alter what you feed your subconscious. And like a healthy diet is good for your physical wellbeing, so too a healthy dialogue diet is good for your emotional wellbeingand it makes a difference to how you behave, how you feel and how you engage in life.

Not sure what to do? Start small for a taster. If someone asks “How are you?”, don’t say “not bad” or “ok”, perhaps try saying “Fabulous”, or “Wonderful” or “Splendid”. For extra effect say it deliberately, with upbeat energy and with a smile. (Yes, it’s ok to fake it till you make it). Try it at work and at the checkout and notice the responses.

Intentionally modify your word diet with positive and affirmative language and you’ll gently change your life – Adjust what goes in (thoughts) and what goes out (dialogue) and the results can be surprising. Consciously rearrange the context of your language to provide yourself with Mindset Nourishment. Focus on your self-talk by asking What did I say? and then ramp it up as you focus on how you speak to others.

Too often people talk in the negative, saying words that continue to reinforce more of what they don’t want. Rephrase your speech into the positive which might look like going from “I’m always stressed at work, it’s hard to keep on top of it” to be replaced by “I enjoy my job and I work efficiently and effectively”.

Try this exercise with your own circumstances, by asking yourself what have been saying, then create a script of your new phrases. If you really want this to stick I suggest this process: write down your new phrases three times each day for a week; read them out loud to yourself each day; repeat them often to yourself in your mind and audibly (think car or shower solos); then put them into use in conversation. You be surprised to notice the subtle positive changes which creep in and become a routine.

And now here’s my tip for you to ACE it.

This simple 3 step A.C.E. process can assist you to adjust how you say what you say:

Step 1: Awareness – Become Aware of what you say, listen to yourself, Acknowledge and take Action to Adjust. It’s a game, catch yourself out, have a laugh and say it differently.

Step 2: Create – Choose positive words to replace your speech, be Creative, Cute and Crafty with healthy dialogue and Confidence.

Step 3: Express – Be Enthusiastic with your word Expression, use your smile, your tone, your Emotions when you Engage with others. This isn’t an occasional thing, it’s a Repeat and Repeat again activity. And if you forget, then ACE it again. Make it a habit, a way of life so to speak and when you ask yourself What did I say? you can be Aware, Create positive words and Express yourself with enthusiasm.

And remember.....you ‘ACE’d it’ and you’re awesome!

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

The following event is not an event that I would normally add to the newsletter as it is not specifically Men's Work. But, in my opinion, every Man in our communities, they have a female that is connected with them. So the following is to help raise awareness for an important event for ladies.



WHEN: 14th - 16th May
TIME: 13:00 - 15:00
WHERE: Webbs Creek, 256 Webbs Creek Road, NSW
CONTACT: Wise Women Gathering Australia
WEBSITE: <http://www.wisewomengathering.com/>
PHONE: 0482 955 340
COST Enquire

Wise Women Gathering 2021 : Annual Conference

A place for sharing plant wisdom, healing traditions, exploring Women's Mysteries and cultivating community connections.

We invite all women to join us for 3 days, in the majestic Hawkesbury Valley near Wisemans Ferry, just 90 minutes North of Sydney. Come to share wisdom, to gain knowledge of the Wise Women Traditions, to deepen connections and to nourish self.

What to Expect:

Each morning there are morning activities if you so desire including yoga, meditation and/or ceremony. Nourishing healthy meals are included with your registration starting with Friday Lunch and ending with Sunday Lunch.

After breakfast keynote lectures and workshop sessions begin. You have multiple workshops to choose from.

There is space for sacred time, song and dance, marketplace, relaxation, mindfulness, connection, play and more. Each evening unfolds with different nighttime activities for all to participate in.

[More Information ...](#)

MONTH SPECIFIC EVENTS



Traditional Wooden Longbow Making in Fremantle 2, WA - TBC

May 1 @ 10:00 am - May 2 @ 5:00 pm | From \$350 - From \$395

WHEN: May 1st - 2nd

TIME: 10 am - 17:00

WHERE: Fremantle, WA

CONTACT: Lars Richter

WEBSITE: <https://narrativeyoga.com.au/>

EMAIL: lars@Tnarrativeyoga.com.au

COST \$395.00

Traditional Wooden Longbow Making in Fremantle, WA

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

Students will learn how to tiller their bows to precise measurements of draw length and draw weight depending on the archer. After the bow is functionally finished, it comes time to bring the bows to an aesthetically pleasing finish with fine sanding and oiling.

During the second day afternoon, the bows are ready for students to take to the shooting range to learn how to shoot. You will get your introduction to the instinctive shooting method. A powerful tool you can also utilise in many daily life situations.

[More Information ...](#)



WHEN: Various Dates & Times
WHERE: Various Locations
CONTACT: Waves of Wellness Foundation
WEBSITE: <https://www.foundationwow.org>
EMAIL: info@foundationwow.org
COST **FREE**

Free 6 Week Learn-to-Surf Mens' Wellness Program

Our 6-week Sand n' Surf program is designed to connect men from all walks of life using surfing and the ocean. The program is backed by the Movember Foundation and pairs weekly wellness discussions with learning to surf lessons.

While designed for men, these sessions are open to men and women interested in meeting new people, improving their mental fitness, and learning to surf.

Avoca Beach - 06:30 - 08:00 4th May for 6 Weeks
Bondi Beach - 06:30 - 08:00 5th May for 6 Weeks
Lennox Head - 06:30 - 08:00 5th May for 6 Weeks
Nobbys beach - 06:30 - 08:00 5th May for 6 Weeks
URBNSURF, Melbourne 07:30 - 09:00 5th May for 6 Weeks
Nobbys beach - 06:30 - 08:00 6th May for 6 Weeks
Noosa Beach - 06:30 - 08:00 6th May for 6 Weeks (QLD)
Kingscliff Beach - 07:00 - 08:30 6th May for 6 Weeks
Manly Beach- 08:30 - 10:00 6th May for 6 Weeks
Kings Beach - 06:30 - 08:00 7th May for 6 Weeks (QLD)

[More Information ...](#)



WHEN: 11th May 1st
TIME: 18:45 - 21:30
WHERE: Pulse, 149B Glenlyon Road, Brunswick
CONTACT: Amitayus Syzygy
WEBSITE: <http://www.b-inghuman.com/>
EMAIL: amitayus@b-inghuman.com
COST \$75.00

Seeds of Compassion and the Inner Critic

The Seeds of Self-Compassion: Working with the Inner Critic

We all have that voice inside that judges, criticises and maybe even demeans us. We are constantly comparing ourselves to others, and often to external ideas of perfection to which we can never compete. We may even find ourselves at times going into a spiral – the critic attacking with such vehemence, triggering shame, which is more fodder for the critic, activating more shame, etc. And because this voice is a part of us, it knows which exact words or ideas are most painful.

[More Information ...](#)



WHEN: 14th - 16th May
TIME: 15:00 - 17:00
WHERE: Tanderrum - Shpgards Flat,
181 Lithia Lane, Shepherds Flat, VIC 3461
CONTACT: Gathering Men
WEBSITE: <https://gatheringmen.org/>
EMAIL: connect@gatheringmen.org
COST \$475.84

Gathering Men • On-Country • Autumn • 2021

We're Re-imagining Healthy Masculinity. Welcome home. To a safe, connected space where men express themselves freely, openly & courageously.

[About this Event](#)

DATES

Our dates for our second Autumn Gathering Men 2021 are locked & loaded. This event is confirmed & taking place over 2 nights & 3 days from 3:00 pm Friday 14th – 5:00 pm Sunday 16th May 2021. These dates have been carefully reviewed in line with current COVID-19 restrictions for Melbourne Metro, Rural Victoria & other states.

[More Information ...](#)



WHEN: 21st - 23rd May
TIME: 09:00 - 16:00
WHERE: Grove Gatherings, 718 Webbs Creek Mountain Road Wisemans Ferry, 2775 NSW
CONTACT: Wise Men Gathering
WEBSITE: <http://www.wisemengathering.com/>
EMAIL: connect@wisegatherings.com
COST \$400.00

Wise Men Gathering Annual 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.

[More Information ...](#)



WHEN: 225th May
TIME: 20:00 - 21:00
WHERE: Online/Virtual
CONTACT: Quality Mind
WEBSITE: <https://www.qualitymindglobal.com/>
PHONE: 1300 765 433
COST \$1997

Personal Activation System

How to Become the Best Version of You

10 Week Challenge

Live Online Weekly 45-60min Sessions

Join our next 10-week live Crew, designed for anyone wanting to create a future filled with clarity, confidence and happiness.

LIMITED TIME OFFER!!

Normally - \$1,997

Today \$997!!

[More Information ...](#)

REGULAR AND ONLINE EVENTS ...



Voice Of Men ~ Addiction & Awareness

WHEN: Every Sunday 2, 9, 16, 23 May

TIME: 10:00 - 10:30 Canadian ET

WHERE: Online/Virtual

CONTACT: [Voice of Men 360](https://www.voiceofmen360.org/)

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. The intention is to create awareness about our boys' and men's world matters by giving a platform to talk about it.

It is a Live Talk Show where an individual can join and share their life journey, the experiences that they went through – how it impacted their lives negatively and positively, and how did they overcome.

[More Information ...](#)



Mongrels Men Meet Up

- WHEN:** Monday 3rd, 10th, 17th, 24th, 31st May 06:15 - 07:30 Weekly
WHEN: Wednesday 5th, 12th, 19th, 26th May 06:15 - 07:30 Weekly
WHEN: Friday 7th, 14th, 21st, 28th, 30th May 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.



Men with Spirit Men's Group

- WHEN:** Monday 3rd, 10th, 17th, 24th, 31st May 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 honestly and openly. We are guided by a set of personal and non-religious spiritual values that promote equality, honesty and expression without judgement.

These small group gatherings are aimed at men of any age who are ... [More Information](#)
Those interested visit here to [register](#):



Men's Leadership ALLIANCE

- WHEN:** Mondays 3, 10, 17 & 24, Thursdays 6, 12, 19, 26 Fridays 7, 14, 21, 28, 30 May
WHERE: Online - Times Vary
CONTACT: Teddy Churchill 970-618-3376
EMAIL: tchurchill@mensleadershipalliance.org
WEBSTE: <https://www.mensleadershipalliance.org/us/>
COST **FREE** Donations are Welcome

The Men's Leadership Alliance is committed to helping men achieve greatness in their lives. In a circle of trust, courage, and power, we challenge men to live fully in their maturity, with the support of their brothers. We help men meet the demands of their lives by aiding men in defining a healthy masculine self. This redefinition of masculinity cultivates generativity and compassionate strength so men can impact their families, workplaces and communities in positive ways. All Days Men Ages 18+. More Information ...



Menswellbeing ~ Common Ground

- WHEN:** Monday, Tuesday, Thursday in March 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: <https://menswellbeing.org/omg/>



Primal Man Project – Virtual Men’s Circle

WHEN: Tuesday 4th, 11th, 18th, 25th May
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.

The modern man needs a circle of brothers, to hear him out, challenge him and hold him accountable to the best version of himself.

Join us ONLINE each week AND sit in VIRTUAL CIRCLE

[For more information ...](#)



Gathering Men • On-Line Gathering

WHEN: Tuesday 4th (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**

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

WHAT

In this circle, men are invited to express themselves freely, courageously & without judgment. To help reconnect. To self. To each other. To our families, friends & community. Come & spend quality time with a bunch of great men and share what's actually going on for you. [For more information ...](#)



Men Talking About Feelings. AGW

WHEN: Tuesday 4th, 18th, 18:30 - 22:30 (Every fortnight)
WHERE: The Good Brew Company, 54 Hope St, Brunswick
CONTACT: [Dean O'Callaghan and Men talking about Feelings](#)
COST **FREE**

BYO pizza ingredients. crafty beers, cocktail makings, table tennis bats.. or just yourself. pizza, kombucha and table tennis provided. [For more information ...](#)



Kulin Open Group for Men

- WHEN:** Tuesday 4th, 11th, 18th, 25th May - 18:30 - 21:00 Weekly
- WHERE:** Online 11th, 25th May 2-Weekly.
- WHERE:** In-Person - 4th, 18th 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:** Tuesdays 4th, 11th, 18th, 25th May 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](#)



Island of Men - Men's Sharing Circle

- WHEN:** Wednesday 5th MaM 19:30 - 21:30
WHERE: Online
CONTACT: <https://www.facebook.com/IslandOfMen>
EMAIL: mikey@islandofmen.com
WEBSTE: Islandofmen.com
COST **FREE**

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



Complete Men Group

- WHEN:** 5th, 6th, 12th, 13th, 19th, 20th, 26th, 27th May
WHERE: Online - Thursday 6th, 13th, 27th 18:45 - 21:00
WHERE: In-Person - Wednesday 5th, 12th, 19th, 26th in Robina 19:00 - 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 <http://www.completemen.org/mens-groups.html> Complete Men have 4 Online Groups every week. Monday, Wednesday & Thursday evenings and Friday lunchtime. Using the Zoom app, we are able to have up to 16 men join a virtual Men's group for 90 minutes.



The Gathering

- WHEN:** Thursday 6th May 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 to grow. [For more information ...](#)



OMG (Open Men's Group) at Chermside Library

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

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

[For more information ...](#)



Build a Brotherhood - Men's Group

- WHEN:** 5th, 19th (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**

The facilitator lost their brother to suicide which made me realise the lack of support for men's mental health. We are trying to build a brotherhood to help put an end to men suffering in silence.

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 soft drink. [More Information...](#)



Mammoth Hunters Weekly Group Video Men's Chat

- WHEN:** Thursdays 6th, 13th, 20th, 27th 19:00 - 20:00
WHERE: Online
EMAIL:
WEBSTE: <https://www.facebook.com/groups/2503983306556483/>
COST **FREE**

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

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

Mankind Project - iGroups Online

- WHEN:** All days except Saturdays in May - Times Vary
WHERE: Online Open Men's Groups
CONTACT: 1300 948 947 Varoious Facilitators
EMAIL: info@mankindproject.org.au
WEBSTE: <https://mankindproject.org.au/>
COST **FREE**

Face-to-face MKP Men' circles, or iGroups, have been suspended for the duration of the coronavirus health and safety restrictions. However, many groups are now meeting online, using the Zoom platform. To join a meeting, find the group, click to open and identify the group coordinator, and phone or text him for group conditions and how to access their Zoom number.



Men's Group Online

- WHEN:** 15 Men's Group per Month
WHERE: Online
CONTACT: Craig Wyld 03 8658 4080
EMAIL: craig.w@mensgrouponline.com.au
WEBSTE: MensGroupOnline.com.au
COST **FREE FOR 2 WEEKS** then Charges Apply \$47 per month

Men's Group Online is a social enterprise that supports an online membership community (tribe) of men. It's a safe, non-judgemental space for you to connect, share and find support. As a member, you will meet via Zoom online video in small groups (max 12 men).

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

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

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

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

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



Online MenCheck-in ~ Mini-Men's Groups

WHEN: Lunchtime every day in May - Times Vary

WHERE: Online Open Men's Groups

CONTACT: Email Below

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 May - Times Vary

WHERE: MenCheck-In

CONTACT: Email Below

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 ...](#)



Free BBQ's now online

WHEN: Saturdays and Sundays in May varied times (Please Check)

WHERE: BBQ's for Community & Connection

CONTACT: Terry Cornick

WEBSTE: <https://mrperfect.org.au/>

COST **FREE**

Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found there was something missing in the support he accessed. Ironically his best mate called him “Mr Perfect” for years without knowing his struggle. Mr Perfect is a grassroots charity that brings men together at BBQs in local parks across Australia, to create community and connection. BBQ's subject to change, check the site before attending. [More Information...](#)

.....

ACT Barton, Canberra, Gungahlin, Canberra.

NSW Bathurst, Castle Hill, Central Coast, Coogee Beach, Cronulla, Sydney, Maitland, Hunter Region, Manly, Newcastle, Newtown, Inner West Sydney, Narellan, Western Sydney, Parramatta, Western Sydney, NSW, Surry Hills, Central Sydney, Taree, Windsor, NW Sydney, Wollstonecraft Sydney.

QLD Burleigh Heads, Gold Coast, Caboolture, Sunshine Coast, New Farm, Brisbane, Paddington, Brisbane City, Townsville.

TAS Ulverstone.

VIC Benalla, Victoria, Echuca, Vic, Lilydale

WA South Perth, WA

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 14 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,
- * Mankind Project (MKP) - Australia/UK/Canada,
- * Men's Wellbeing ~ Common Ground Trained, * Melbourne Men's Groups,
- * Menery Men's Group Network, * MensWork Project (Incl),
- * MensSpeak Men's Groups (UK), * Men's Team,
- * 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

Reclaiming masculinity in the modern world.
For men wanting to enhance their human potential.

May 21-23 2021

Webbs Creek, NSW (90 mins north of Sydney)

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

BEDROCK

Bedrock is hosted by our Elders Circle. Bedrock is unlike any other Gathering. Bedrock is largely unstructured.

Conversations go where they need to go.

What needs to be discovered and revealed – happens.

We sit in the presence and magic of The Rock, under the towering escarpment and the mysterious gums.

Bedrock is a smaller, more intimate, and unique Men's Wellbeing gathering held annually at The Rock. This invitation is to men of all ages who are open to new learnings and seeking to deepen their maturity, their relationships, and also have fun and dine on exquisite food!

Bedrock is limited to 50 participants and promises to be full of meaningful experiences, frivolity, musical sensation, poetry and shared wisdom. [More Information ...](#)

See Island of Men ~ Melbourne

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.

Men Being Real – Deep healing and inner authority. We can understand the roots of anger and depression and connect with our inner authority. (from <http://www.essentiallymen.net/>)

[More Information ...](#)

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 ...](#)



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)



SOUTHERN MEN'S GATHERING

The Southern Men's Gathering, October 16th to 18th 2020, is a Men's only event created to improve the emotional wellbeing of men.

The theme for our very first gathering is “Share the Journey” and as such, participants will share a beautiful weekend of connection, openness, authenticity, depth, support, respect and trust as they experience a range of different exercises and activities designed to allow them to explore their self-concept.

We invite you to join us in exploring your own unique expression of positive masculinity.

We hope to see you there?

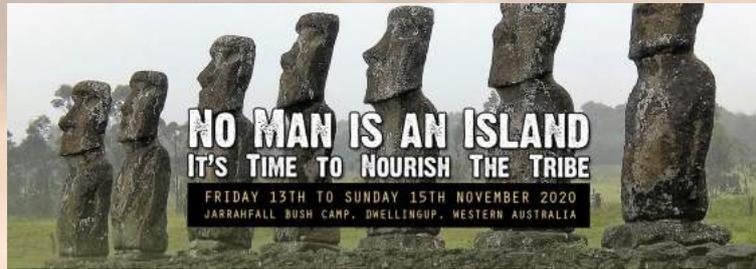
The Southern Men's Group is a voluntary organisation where men meet regularly to support one another to develop a healthy expression of their masculinity in the Fleurieu community.

SMG, in association with Tasmen and Henley Beach Mankind Project South Australia is now launching an annual gathering, the first of which is a 2-day residential experience in the heart of the beautiful Fleurieu Peninsula. [Read More ...](#)

NOVEMBER

See EveryMan Men's Gathering above ...

See Island of Men ~ Melbourne above ...



WEST AUSTRALIAN MEN'S GATHERING

Introducing the WA Men's Gathering 2020

“No Man is an Island: It's Time to Nourish The Tribe”

Well, it's certainly been a year to remember. Or maybe forget? How fortunate are we in WA; by good luck and/or good management, we remain free of community spread. So at this stage, we can confirm that the 2020 WA Men's Gathering will go ahead on November 13th – 15th.

In short, the Gathering is a live-in weekend, organised by every-day blokes, for men only. It provides a safe and supportive environment to explore current issues, tell their story, and have some fun together. It has been held in Perth every year since 1995.

Participants listen to guest speakers, attend experiential Workshops, and share stories in smaller “Affinity” Groups. It is a rare and valuable opportunity for men of all ages and backgrounds to be themselves, enjoy each other's company, and celebrate life as well-rounded blokes.

The 2020 Gathering will be held at Jarrahfall Bush Camp on the outskirts of Dwellingup over the weekend of November 13-15. Think masculine: a bush setting, fire pits, smoke, barbeques, “roughing-it” accommodation with bunk-house, swag and camping options, men's circles, great meals and a no-pressure program, easy on the introspection scale. (from <https://www.wamensgathering.org.au>)

DECEMBER



ISLAND OF MEN ~ SYDNEY

Two per year, April and December

See April Details...



GATHERING MEN

Australian Men are in a perilous place.

The hard facts: 6 of 8 suicides. 7 days a week

Our Men need a time out. A moment to catch their breath. They're calling for a safe space. To let it out. To be open, honest, vulnerable.

A place to rediscover connection, meaning & purpose in their lives. We're listening carefully. Opening our hearts & minds. And crafting such a place.

Welcome to a fresh, new approach to Australian Men's Health & Well Being. Together, we're creating something rather different. Join us as we re-imagine healthy masculinity.

Welcome to our place. To your place. A safe trusted space for men to deeply reconnect.

- To ourselves. Each other.
- To Country.
- To First Nations wisdom.
- To Community.
- And the people we love most in our lives.

Story

[Read more ...](#)