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**Edition 24**

## ***What's Happening in Men's Work in February***

Hi All,

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."***

This newsletter normally contains what is happening within Men's Work in the next month, but due to COVID-19, there are no physical events currently. Until this challenging time comes to an end and we get back to the COVID normal we will be focusing on the 'Online' Men's Groups. With details of some of the Groups in Australia, England, and the US.

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

Cecil

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**Island of Men - Men's Sharing Circle**



A fortnightly 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.

Throughout the month of June, Island Of Men will be exploring the theme;

***Expansion Through Challenge: Rising To The Occasion.***

[Zoom link](#) will only be sent to your email address upon registering for the event:

Please arrive at 7.25 pm. Entry will not be permitted after 7.30 pm.

**\$10** per Group, If anyone is struggling financially, please reach out to Adrian Selley or Nicholas Bloom to see how the Island of Men can support you.

[Read more ...](#)

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**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.

You will need access to a reliable internet connection. Most Men join from a private space at their home or work, while others find a private spot in or outside a favourite cafe or library with a solid wireless signal.

If you would like to try one of these groups to see what you could get from it, please contact Tim on [0422 508 533](tel:0422508533) or complete the inquiry form on this web page. We'll hook you up with the Zoom App and connect you to the group.

All Men are welcome and can register at <https://www.completemen.org/online-mens-group.html>

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## Menswellbeing ~ Common Ground



Our Open Men's Groups have moved online to become Online Open Men's Groups (OOMGs).

During these uncertain and challenging times, you can now jump online for the opportunity to connect with good Men, talk and listen in a healthy environment and perhaps ease some stress and anxiety.

To access the OOMGs simply click on the relevant link below. OOMGs are **open to any man**, no previous experience is necessary, no need to book in, no cost involved, just log in online at the allocated time! Newcomers are most welcome.

We have named the different OOMG meetings listed below by the geographical location of where the respective facilitators reside. However, with the wonders of being online you can attend any and multiple “locations” that suit you.

### ***Brisbane North***

The **1st** and **3rd Thursday** of every month; login from 6:45 PM (Qld time) to start at 7 PM. Join online at [bit.ly/OOMGBN1](https://bit.ly/OOMGBN1)

(This group was meeting at Chermside Library.)

### ***Brisbane South***

The **2nd** and **4th Tuesday** of every month; login from 6:45 PM (Qld time) to start at 7 PM. Join online at [bit.ly/OOMGBS1](https://bit.ly/OOMGBS1)

(This group was meeting at Annerley Community Hall.)

### ***Gold Coast***

The **1st** and **3rd Monday** of every month; login from 6:45 PM (Qld time) to start at 7 PM. Join online at [bit.ly/OOMGGC1](https://bit.ly/OOMGGC1)

(This group was meeting at Varsity Lakes Community Centre.)

### ***Rural Men***

The **1st** and **3rd Tuesday** of every month. Login from 6:45 PM (NSW & Vic time) to start at 7 PM. Join online at [bit.ly/OOMGR1](https://bit.ly/OOMGR1)

### ***Sunshine Coast***

The **2nd** and **4th Thursday** of every month. Login from 6:45 PM (Qld time) to start at 7 PM. Join online at [bit.ly/OOMGSC1](https://bit.ly/OOMGSC1)

**NOTE: Please be punctual as we close the meetings to maintain a safe environment for sharing and to avoid disruption from latecomers.**

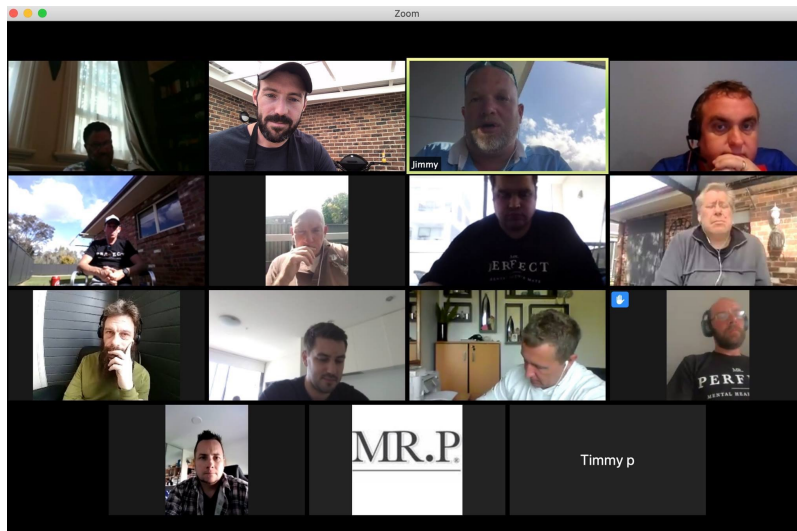
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MR.  
**P E R F E C T**®

MENTAL HEALTH'S MATE

***Free BBQ's now online***





**When: Every Sunday 12:30 pm**

We will be here for our **Mr. Perfect "Online BBQ"** at 12:30 pm -1:30 pm today via Zoom.

Come chat or just listen in.

Click the link below to join in:

<https://lnkd.in/fs9YJ5V>

**#mrperfect**

**#mentalhealth**

**#menshealth**

These chats are not recorded or live-streamed

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THE  
**ManKind Project**<sup>®</sup>  
AUSTRALIA

### I-GROUPS ONLINE

Face-to-face MKP men' circles, or I-Groups, 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.

[More information ...](#)

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## MenCheck-in Mini-Men's Groups



MenCheck-in was launched in response to the Coronavirus pandemic. It is currently running online every weekday 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/>

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## MenSpeak Men's Groups (London)



## Daily Check-ins by Donation

### Connection and Community during Coronavirus

Kenny and some of the more experienced MenSpeak facilitators are offering **daily lunchtime check-ins to keep men calm, connected, safe and sane in these turbulent times** of extreme vulnerability.

**We share our thoughts and feelings, fears and pressures, whatever buttons are pressed** and whatever comes up is welcome. We relieve pressure by speaking it out, listening and being heard. It's not a process party!

During these times of coronavirus isolation, MenSpeak Men's groups respect men's needs for connection – to help keep us sane, grounded and real.

This mini-men's group, facilitated by Kenny / MenFacilitate Graduates, is a non-clinical, confidential space to share, be heard, release some pressure, connect with others and get insights into daily life as we drop our 'nice guy', 'macho man' or whatever masks we've been wearing and get real.

Typically between 5-15 men per group, usually 20s-50s though it varies a lot and all ages are welcome and appreciated.

Please be on time and stay for the full hour. Doors open at 12.25 and close at 12.35.

*"I felt anxious and spaced out beforehand, but almost immediately after the check-in round, I felt much calmer and more stable. I didn't realise how much I'd missed real sharing with good men. It felt like a luxury to be able to chat, hang out, laugh, talk about real issues and feel connected in such a disconnected and chaotic time. The groups are essential for me for maintaining my sanity and remembering what life is really about - friendship through thick and thin, and finding the humour in every*

*situation."* - Bertie, 27

Here are [instructions for joining online groups](#).

RSVP Here

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## Open Men's Group



Hosted by [The Mankind Project Central Iowa Community](#).

**When: 1st June**

**Cost: FREE**

Open Men's Group (online)– Des Moines Personal Mastery Workgroup.

Hosted by a diverse group of men from the Des Moines ManKind Project that care about you: Ian, Jim, David, Chris, Mark, and Pat.

First Monday of each month,

**Monday, June 1, 2020, 6:30 PM to 8 PM CST**

**Monday, July 6, 2020, 6:30 PM to 8 PM CST**

**Monday, August 3, 2020, 6:30 PM to 8 PM CST**

**Monday, September 7, 2020, 6:30 PM to 8 PM CST**

Men that care about you are holding an Open Men's Group from 6:30 until 8:00 pm on the first Monday of each month in Des Moines currently via virtual meeting space on Zoom.



## Why Personal Mastery?

[Read more ...](#)

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# Men's Leadership ALLIANCE

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.

Join the thousands of men who have said yes to meet the demands of their life by living it a different way. Our experience informs us, and through it we know a man's life is so much the richer when reflected in other men he can call his brothers.

If you're ready to own your strengths as a man, husband, father, and son come join us for one of our upcoming programs in-person or online.

We look forward to being in circle with you soon.

From <https://www.mensleadershipalliance.org/us/>

[More information ...](#)

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## **Regular Content**

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



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

The Directory (**over 400 Men's Groups already**) will initially cover **Australia** with Groups from **London, UK, Ireland, Canada, Singapore, and now 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 **13 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**
- **Menergy Men's Group Network**
- **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](#).

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MR.  
**PERFECT**®

MENTAL HEALTH'S MATE

**Free BBQ's at various locations by Mr Perfect**

**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](#)
- [Ferntree Gully](#)

## WA

- [South Perth, WA](#)

Mr Perfect holds **FREE** weekly “Meetup” BBQs in various locations across Australia.

They normally run from **10:30 - 12:30**, **please check the individual BBQ for exact details.**

If you are free for a couple of hours for a healthy BBQ (Meat and Vegetarian) come along and meet a bunch of top guys.

We will supply soft drink and water, but please bring your own preference if you wish.

The format is simple, informal and completely inclusive. It is a chance to get out of the house in the sun, socialise and meet some great people and form a supportive community.

Friends, family and pets welcome too!



Mental health is discussed at times and is purely optional.

Please contact Mr Perfect on **0406 641984** or [Email](#) or [Website](#)

***A Bad Weather Back-Up Location is Always Shown***

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## Community FORUM – Rebirth



**Date: ??**

**Where: Second Story Studios, 222 Johnston St, Collingwood VIC 3066**

**Cost: Free - \$22**

**Contact: Gero and Stacia**

[Email](#)

[Event website](#)

**Community FORUM** is a monthly space to connect and explore the possibilities of what it means to be human; alone and together.

Through the inspiration of community members and with support from The Art of Relating and Second Story Studios, Community Forum continues as monthly social events where humans can gather, be present, speak, express freely and be heard.

Each month (on the first Tuesday) we will begin with 20-30mins of interactive stimulus as a catalyst for the Forum (more information on the ZEGG Forum process in details below).

The stimulus may be a panel Q&A, video clip, poetry, presentation etc. along with the discussion.

- **6:30 pm – 1st Arrival \***, grab a cuppa, chat, connect
- **6:50 pm – Stimulus 7:20 pm – Break & 2nd Arrival \***
- **7:30 pm – Forum (including 10min break) 9:30 pm – Harvest & monthly intention**
- **10 pm – Close**

\* There will be two arrival times. 1st between 6:30 & 6:50 pm when doors will close for the Stimulus 2nd at the break between 7:20 & 7:30 pm when doors will be locked for the evening.

[Read More...](#)

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## Yearly Men's Gatherings

### What is a Men's Gathering?

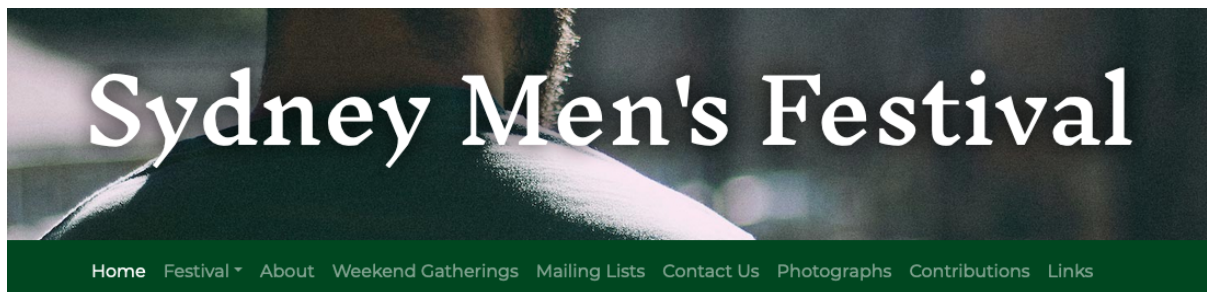
A Men's Gathering is where you can connect with other Men, from all backgrounds, religions, political and sexual persuasions. These gatherings offer a safe, non-judgemental, supportive space where men can explore the connections, modalities, challenges and exercises that facilitate real and lasting change. 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 **13 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.

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### 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.

## Child Care

The Sydney Men's Festival welcomes children (boys all ages and girls under 7). Fathers are responsible for the wellbeing and behaviour of their children. A father's group is encouraged to meet once a day to discuss and coordinate children's issues and activities.

[Read more ...](#)

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## March



### ***Island of Men ~ Melbourne***

***Four per year, March, 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.

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



For some men, it is a welcome reprieve from the pressures of life, a lifting of the weight of expectation that has been placed on them by work, family and society.

For others, it is a place to realise and release limiting stories, unhealthy relationships & behaviours that no longer serve.

The IOM experience can be somewhat difficult to describe, so rather than trying to hammer a point home, have a read of what past attendees have said about their Island experience.

***"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!"***

#### **What to bring:**

- We ask that each man bring a plate or dish of food which will be shared by all the men in attendance for lunch.
- Plenty of water
- Appropriate clothing
- Grab yourself a ticket - and if you want to do something nice for a man, friend or family member, if you want to strengthen a bond you have with the best mate or a brother, bring them along. You'll both be thankful for it.

(From IOM <https://islandofmen.site123.me/>)

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## TasMen

We have been crafting our three-day gatherings for 21 years. We create a mixture, of drama, experience, workshops, small group work, laughter, fun and friendship, to help you make the next step in your journey.

Why? It benefits you, your family, friends and workmates. It's a rare opportunity, make the decision,

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

## 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.site123.me/>)



## **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.site123.me/>)

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## *May*



## **Manshine**

### ***Manshine 2020 is 'Heart Fire'***

Are you living life with aliveness and passion that allows you to support yourself, your family and your wider community?

Having 'Heart Fire' is to live a courageous and purposeful life true to yourself.

The workshops at Manshine will support you in this. Wherever you are in your life, we invite you to stoke your fire, tend your flame and shine your greatest light on the world.

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 ...](#)

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## EveryMan Men's Gathering

*Twice per year, May and November*

**When:** See dates and times in specific months events

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

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

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

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

This will be the 4th Everyman Event in the Yarra Valley. Those who've attended previous gatherings know what a great opportunity these events are to meet and

enjoy the company of other blokes who are up for being real, dropping the bravado and experiencing the gift of each other's presence.

What you can expect on this weekend is plenty of laughs, some great workshops (anyone is free to offer a workshop), music, heart sharing, new perspectives, plenty of time to relax and reflect without the distraction of technology. This is an opportunity to concentrate on yourself, as a man, without fear of judgement.

**Everyman is:**

- Drug and alcohol-free
- Non-religious
- Welcoming of all:
  - Religion
  - Races
  - Gender identification
  - Culture
- Open to men 18 + (not suitable for children)
- Everyman is run under the auspices of Men's Wellbeing Inc.

The official start time is 6 pm but the camp will be open from 3 pm if you wish to arrive earlier.

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## June



# Sydney National Men's Gathering

## *'Un-Becoming'*

From birth, most of us are moulded and groomed to be as others want us to be. We are groomed by parents, grandparents, siblings, teachers, principals, priests, partners and others. They want us to be successful, clever, safe and to honour those who invest in us, setting up our energetic debt (this support sometimes manifesting as 'abuse'). (From <https://nswmen.org.au/mens-gathering>)

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## **August**



## **Essentially Men**

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

When men come together in a group with the agreement to take a journey deeper into themselves it becomes safe to let down our guards. We can drop beneath the surface of feelings in a way not normally allowed for men. We can attend to the healing of memories to do with fathers, mothers and others, which affect the way we relate in our present lives. We can understand the roots of anger and depression and connect with our inner authority.

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

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## October



## Menergy

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](https://www.menergy.org.au))

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## 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.

**MAN ALIVE** is all about choice. You choose what you want to do - be it hosting or attending a session, relaxing, taking quiet time for personal reflection or spending time making new friends. It's totally up to you.

(from <https://manalivenet.weebly.com/>)

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## November





## Manhood

Manhood Men's Gathering is a not-for-profit men's community event with facilitated workshops, groups, activities and social time. The theme this year is Explore Healthy Masculinity – where each man is invited to define for himself what it means to be a better man in today's world.

The culture is open, accepting, warm and non-judgemental. Every man is welcome and can expect to learn and share equally. Come along and share your story and listen to the stories of other men. Deep respect is asked and given.

The gathering is held at beautiful Camp Bornhoffen, Numinbah Valley in the McPherson Ranges of the Gold Coast Hinterland. Retreat to mountain country, fresh air, a mountain stream with a waterfall, bonfires and spectacular views. (from [ManHood.org.au](http://ManHood.org.au))



## Southern Men's Gathering

### The Opportunity

The Southern Men's Gathering, November 8 to 10 2019, 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.

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.

What ‘Share the Journey’ 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.

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 ...](#)

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## West Australian Men's Gathering

**In 2019 we celebrate the 25th anniversary of the West Australian Men's Gathering. The WAMG is the longest-running gathering of its kind in Australia.**

Our theme this year is 'Contemporary Man'. Together we will explore authenticity, respect, sexuality and what this means to us as contemporary men.

This year we will have three price points. We have decided to introduce a 'double' ticket in addition to the Earlybird and standard single tickets. We would like to encourage men to bring along another man important to them. It could be anyone from a father to the best mate to a curious colleague. All men are welcome and we look forward to seeing you there.

The ticket price includes accommodation, all meals, activities and lots of good men to get talking to. Presenters will be announced in due course. We intend to email all participants regarding event times and details and other important information approximately two weeks prior to the event. (from

<https://www.wamensgathering.org.au>)

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## *December*





## Island of Men ~ Sydney

*Two per year, April and December*

See April Details...

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E&OA



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