

Men Being Well



Life Is...
Foundation

Relationships Australia
VICTORIA

Join our free program for men to meet, discuss and learn about wellbeing through connection, reflection and peer support.

Men Being Well is delivered by Relationships Australia Victoria and Life Is Foundation.

We host men's gatherings and day retreats.

Our program supports men to:


- discuss life issues and challenges
- learn from other men about wellbeing and mental health
- focus on healthy relationships in your family and communities
- share stories with other men.



RSVP and find out more

Visit our website or contact our program facilitators to reserve your place at a gathering or retreat, learn more, or sign up to our mailing list.



 rav.org.au/relationships-wellbeing-courses/men-being-well

 menbeingwell@rav.org.au

 **Akiva: 0411 255 158**

 **Tony: 0403 320 554**

You can also join our Meetup group at meetup.com/menbeingwell for program updates.

Men Being Well 2024 Flyer (24006)

Men's gatherings

In 2024, we're facilitating 2 separate Men Being Well groups, one provided online and one in-person in Canterbury, Victoria.

You're welcome to attend all the gatherings for the group you join, or just come to the ones which suit you.

Group 1: In-person in Canterbury, Victoria

7-9pm on Wednesdays:

- 31 January
- 28 February
- 27 March
- 24 April
- 29 May
- 26 June
- 31 July
- 28 August
- 25 September
- 30 October
- 27 November.

Group 2: Online on Zoom

7-9pm on Wednesdays:

- 14 February
- 13 March
- 10 April
- 8 May
- 12 June

Day retreats

- Saturday 16 March 2024
- Sunday 21 July 2024
- Saturday 16 November 2024

If you are interested in attending a retreat, please contact us for more information.



We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia. We support Aboriginal people's right to self-determination and culturally safe services.