



# Men Being Well

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, online events focused on specific topics, 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.

## RSVPs and More Information

To reserve your place at an event or gathering, learn more, or sign up to our mailing list, contact our program facilitators:

 [rav.org.au/relationships-wellbeing-courses/men-being-well](http://rav.org.au/relationships-wellbeing-courses/men-being-well)

 [menbeingwell@rav.org.au](mailto:menbeingwell@rav.org.au)

 **Akiva: 0411 255 158**

 **Tony: 0403 320 554**



You can also join our Meetup group at [meetup.com/menbeingwell](https://www.meetup.com/menbeingwell) for program updates.

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.



## Men's Gatherings

### When

7- 9pm on the last Thursday of each month:

- 24 February 2022
- 28 July 2022
- 31 March 2022
- 25 August 2022
- 28 April 2022
- 29 September 2022
- 26 May 2022
- 27 October 2022
- 30 June 2022
- 24 November 2022

### Where

At venues in Camberwell and Canterbury, Victoria. Sessions may be delivered online where required to meet COVID-19 restrictions and COVIDSafe guidelines.

## Online Events (Zoom)

### When

7 - 9pm on the following dates:

- 10 February 2022
- 11 August 2022
- 7 April 2022
- 13 October 2022
- 9 June 2022

### Where

We will email you a Zoom link after you register.

## Day Retreats

### When

- Sunday 20 March 2022
- Saturday 16 July 2022
- Sunday 13 November 2022

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