



# OPEN MEN'S GROUP

Join us for an evening to share what is meaningful in your life, challenges you may be facing or just stuff that's going on.

## TWO MONTHLY EVENTS

- Men • Sitting • Talking
- Listening • Connecting
- *It's simple and it works*

RSVP HERE



- » Experienced facilitators from the Mens Wellbeing Community
- » A chance to express and be heard
- » No commitment, no sales pitch
- » There's respect and the space to be real
- » No judgement, no advice
- » We welcome any man



T: 0419 572 023 E: [grahamh@menswellbeing.org](mailto:grahamh@menswellbeing.org)  
W: [menswellbeing.org](http://menswellbeing.org)

**Is life challenging?  
Need more connection?  
Less pain? More support? Less stress?**



## JOIN US & START THE CONVERSATION

### Our Meetings

<b>Tea &amp; Coffee</b>	6:45pm
<b>Meeting</b>	7pm - 9pm
<b>Cost</b>	Free - Donations Appreciated

RSVP  
HERE



### Ringwood North

<b>When</b>	First Tuesday of each month
<b>Where</b>	North Ringwood Community House 35-39 Tortice Drive, Ringwood North, VIC 3134

### North Fitzroy

<b>When</b>	Third Tuesday of each month
<b>Where</b>	Bargoonga Nganjin, North Fitzroy Library 182-186 St Georges Rd, Fitzroy North, VIC 3068

### More about Mens Wellbeing

Mens Wellbeing is a registered not-for-profit community association providing programs and events for men to explore, share and experience ways to be healthy men for themselves, their families and the community.

**Men Supporting Men**



[menswellbeing.org](http://menswellbeing.org)