

Join our free program for men to meet, talk 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 where we'll support you to:

- talk about 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.

## Men's gatherings

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

### When

7-9pm on Wednesdays in 2025:

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

### Where

In-person in Canterbury, Victoria.  
Please contact us for more information.

## Day retreats

- Saturday 15 March 2025
- Saturday 26 July 2025
- Sunday 16 November 2025

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

'I feel comfortable and confident. It's easy to chat with supportive members of the group and the leaders provide great feedback.'



## RSVP and find out more

Contact us to reserve your place at a gathering or retreat, learn more, or sign up to our mailing list.



- Scan the QR code or visit [rav.org.au/relationships-wellbeing-courses/men-being-well](http://rav.org.au/relationships-wellbeing-courses/men-being-well)
- Email [menbeingwell@rav.org.au](mailto:menbeingwell@rav.org.au)
- Call our program facilitators:
  - Akiva: 0411 255 158
  - Tony: 0403 320 554

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



We acknowledge First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia. We support their right to self-determination and culturally safe services.