



Support for Gold Coast men.

Monday 19 October
6-8pm | Robina
Community Centre

**How can we support men who are isolated,
disengaged or struggling to seek help to build
resilience and strengthen relationships?**

Attend this free showcase event by **Men, Mates & Mentors**.
Hear inspiring lived-experience stories, explore men's local support
services, and discover how connection is helping men build
healthier, more purposeful lives.



This one's for everyone.

Men, Mates & Mentors connects men with peer support, local groups and community networks to build wellbeing, belonging and purpose.

Who should attend?

- Anyone interested in supporting men's mental health and wellbeing
- Families, friends and referrers seeking support options for the men in their lives
- Media and community leaders
- Health and community professionals

Why attend?

- Hear inspiring and powerful real-life stories
- Learn how social connection supports men's wellbeing
- Discover local support services and referral pathways
- Understand the purpose of Men, Mates & Mentors

Together, we can help more men find connection, purpose and support.

gcphn.org.au/mensgroups

Register now

