



Gold Coast Men's Day.

**Saturday 7 November
10am - 3pm
Robina Events Centre**

Are you a man looking to connect, grow and be inspired while building meaningful connections and community?

Men, Mates & Mentors Men's Day is a unique event focussed on connection, community and courage. The day will feature workshops, meaningful conversations and inspiration to support personal growth and wellbeing for men.



MENS WELLBEING
men supporting men

ManKindProject
QUEENSLAND



THE MEN'S TABLE
Strength To Care

pbb
DadsInDistress



Complete Men

phn
GOLD COAST

An Australian Government Initiative

This one's for men.

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

This event is for men who are:

- Looking to connect with others
- Navigating grief, change or life challenges
- Interested in new experiences and opportunities
- Seeking support or a sense of belonging
- Simply curious about what's available in your community.

What you'll walk away with:

- New ideas and perspectives
- Meaningful connections
- Practical tools and strategies
- A stronger sense of community
- Information about local support

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

gcphn.org.au/mensday

Register now

