

Support for Gold Coast men.

Monday 8 February
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.

MEN, MATES AND MENTORS

ManKind Project QUEENSLAND

pbb DadsInDistress

MENS WELLBEING men supporting men

THE MEN'S TABLE Strength To Care

Complete Men

phn GOLD COAST
An Australian Government Initiative

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