

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.

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 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