



Life Is...
Foundation

Relationships Australia®

VICTORIA

Men Being Well

Join our free program for men to meet, discuss and learn about wellbeing through connection, reflection and peer support.

Men Being Well is a new program delivered by Relationships Australia Victoria and Life Is Foundation.

We host face-to-face groups, online events focused on specific topics, and all-day retreats.

Our program supports men to:

- discuss 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.

RSVPs and More Information

To reserve your place at an event or gathering, or to sign up to our mailing list, email menbeingwell@rav.org.au or call one of our program facilitators.

- Akiva: 0411 255 158
- Tony: 0403 320 554



You can also join our Meetup group at www.meetup.com/menbeingwell for updates on the program.

Men's Gatherings (Face-to-Face)*

When

7- 9pm on the last Thursday of each month in 2021:

- 27 May
- 24 June
- 29 July
- 26 August
- 30 September
- 28 October
- 25 November

Where

At venues in Camberwell and Canterbury, Victoria. Please contact us for details.

Online Events (Zoom)

When

7 - 9pm on the following dates in 2021:

- 8 July
- 9 September
- 11 November

Where

A link will be shared with you once you have registered.

All-Day Retreats

Sunday 18 July 2021. Details and additional dates to be advised.

If you are interested in attending a men's retreat, please contact us.

**Sessions may be delivered online where required to meet COVID-19 restrictions and COVIDSafe guidelines.*