

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

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

We host men's gatherings and day retreats where we'll support you to:

- talk about 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.



Men's gatherings

You're welcome to attend all the gatherings or just come to the ones which suit you.

When

7-9pm on Wednesdays in 2026:

• 28 January	• 27 May	• 30 September
• 25 February	• 24 June	• 28 October
• 25 March	• 29 July	• 25 November
• 29 April	• 26 August	

Where

In-person in Canterbury, Victoria.

Day retreats

- Sunday 22 March 2026
- Saturday 20 June 2026
- Saturday 17 October 2026

If you're interested in attending a retreat, please contact us for more information.

'I feel comfortable and confident. It's easy to chat with supportive members of the group and the leaders provide great feedback.'

RSVP and find out more

Contact us to reserve your place at a gathering or retreat, learn more, or sign up to our mailing list.

- Scan the QR code or visit rav.org.au/relationships-wellbeing-courses/men-being-well
- Email menbeingwell@rav.org.au
- Call our program facilitators:
 - Akiva: 0411 255 158
 - Tony: 0403 320 554



You can also join our Meetup group at [meetup.com/menbeingwell](https://www.meetup.com/menbeingwell) to receive program updates.