



Men's Support Groups and Men's Sheds

(Updated December 2020)

General

Group	Details	Support
Men's line	<p>Phone Counselling: 1300 78 9978</p> <p>Online counselling: https://mensline.org.au/phone-and-online-counselling/</p> <p>Video chat counselling via Skype</p> <p>For:</p> <ul style="list-style-type: none">- relationship difficulties- concerns about being a Dad- dealing with a separation or family breakdown- emotional wellbeing or anger management- family violence- concerns about a male family member, partner or friend	<p>24 hours 7 days a week helpline, providing a telephone and online support, information and referral service.</p>

Aboriginal

Group	Details	Support
Babana Aboriginal	<p>Website: https://www.babana.org.au/</p> <p>Email: success@babana.org</p>	<p>Men's group meetings held on the last Friday of each month</p> <p>Location: Glebe Justice Centre, 37-47 St Johns Road Glebe</p> <p>Ph: 96605012</p> <p>Opportunity to meet, share and exchange knowledge and experience, tell stories, provide access to inspiring speakers, updates about what is happening in the community, and getting involved in developing projects</p>
Illawarra Koori Men's Support Group	<p>Ph: 4256 9385</p> <p>Fax: 42579498</p> <p>Email: greg@koorimensgroup.ngo.org.au</p> <p>Address: 2 Wilga Cl Albion Park Rail NSW 2527</p> <p>Postal Address: PO Box 4071 Barrack Heights 2528</p>	<ul style="list-style-type: none"> • Tuesdays: 10am-2pm Brothers Against Domestic Violence Program • Thursday 10am-2pm Illawarra Aboriginal Men's Physical Health and Training • Friday 10am-2pm Traditional Arts, Craft and Youth Mentoring • A male Aboriginal Early Intervention Family Support Worker is available 5 days a week and offers support to young fathers and families.

<p>Gamarada Aboriginal Men's Group</p>	<p>Contact: Ken Zulumovski 0433 346 645 ken.z@gamarada.org.au</p>	<p>Healing and life skills development group. A program aimed at providing a safe way for indigenous men and women to heal themselves and others. The program is also open to non-Aboriginal adults and youth.</p> <p>Workshops including:</p> <ul style="list-style-type: none"> - Father to Share - Healing and Anger Management - Healing and Life Skills <p>Gamarada Community Healing and Leadership Program held at Redfern Community Centre 29 Hugo Street Redfern, Mondays 6-8pm (Dinner provided by OzHarvest)</p>
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Gay and Bi-sexual

Group	Details	Support
<p>Gay Dads</p>	<p>Contact: GayDadsNSW@yahoogroups.com</p> <p>Website: http://www.rainbowfamilies.com.au/gay-dads-nsw-social-group/</p> <p>Facebook Group: Gay Dads New South Wales (Australia)</p>	<p>Support Group for gay fathers. Social and support network for gay men. Informal, welcoming, support through shared experiences.</p>
<p>Gay and Married Men's Association (GAMMA)</p> <p>414 Elizabeth Street Surry Hills NSW 2010</p>	<p>Free call: 1800 804 617</p> <p>Zoom support meetings: First Wednesday of every month and third Thursday of every month at 7:30pm</p>	<p>A friendly, safe and relaxed atmosphere where you can listen or discuss relevant issues amongst other like minded attendees. The</p>

	<p>Meeting organiser: Steven Bloom, 0408 668 908</p> <p>Website: http://www.gamma.org.au/</p>	<p>meetings are confidential and anonymous.</p>
<p>Mature aged gays (MAG)</p> <p>Lower Ground Floor ACON Building 414 Elizabeth Street Surry Hills</p>	<p>Contact: Steve Ostrow 9358 1460</p> <p>Tel: 9206 2000 Free Call: 1800 063 060 Hearing Impaired: 9283 2088</p> <p>Email: sostrow@acon.org.au</p>	<p>Peer support, social and educational group targeting mature age men forty and up.</p> <p>Meeting: second and last Saturdays on each month, from 6:30 pm for tea & coffee with the meeting commencing at 7:00pm, usually with a Guest Speaker — sometimes we'll hold a social evening, A light supper follows.</p>

Men's Sheds

Australian Men's Shed Association Website (find a shed):

<https://mensshed.org/find-a-shed/>

Group	Details	Activity
Marrickville Men's Shed	<p>Tel: (02) 8004 2666</p> <p>Address: 107 Redfern, Redfern NSW 2204</p>	Furniture restoration
Babana Aboriginal Mens Group Shed	<p>Tel: Mark Spinks, 0411 282 917</p> <p>Address: 186 Glebe Point Road Suite 1 Benledi House Glebe, NSW 2037</p>	

<p>Leichhardt Community Men's Shed</p>	<p>Tel: Mal Waldon, 0455 088 943</p> <p>Address: 91 Canal St Blackmore Park Leichhardt NSW 2041</p> <p>Meetings: Every Tuesday and Thursday from 9.30am to 1.30pm</p>	<p>Woodwork Small repairs Social activities Community projects</p>
<p>Canterbury Men's Shed</p>	<p>Tel: 8021 1235 or 0412 200 812</p> <p>Address: 109 Clissold Parade Campsie 2194</p> <p>Open: Every Monday, Wednesday and Friday from 8am-3.30pm</p>	<p>Woodworking and Toy making</p>
<p>Pymont Ultimo Glebe Men's Shed</p>	<p>Ph: Ross Hindmarsh, 0408 122 820</p> <p>Address: Jubilee Oval, Glebe NSW 2037</p> <p>PUG Mens Shed occupies the space under the Light Rail Viaduct next to Jubilee Oval at Glebe, Sydney. Access by car via Chapman Road, Annandale or Light Rail at the Jubilee Park Station.</p> <p>Email: pugmensshed@gmail.com</p> <p>Open Tuesday, Wednesday and Thursday from 8am to 1pm. Thursdays - lunch at 12.30pm and finish at 2pm.</p>	<p>Building timber products such as bread boards, coffee tables, kids chairs and tables</p>
<p>Bayside Men's Shed</p>	<p>Ph: Allan Skegg 0423 869 867</p> <p>Address: 100B Bestic Street Kyeemah</p> <p>Mondays, Wednesdays and Fridays 10am---3pm</p>	<p>Toy making, upholstery repairs, furniture repairs, constructing street libraries, general community assistance as required, socialising, mens health discussions, Arncliffe Primary school children's program, hosting morning teas for the Benevolent Society 's Greenwood</p>

		Cottage senior citizens as required, and enjoying other members company at our fun loving shed.
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