

# Northern Beaches Men's Groups Directory

**At Lifeline Northern Beaches  
we make a difference every day.**

## **Brothers 4 Brothers**

A safe space where men can be vulnerable without judgement or expectation.  
[www.brothers4brothers.com.au](http://www.brothers4brothers.com.au)

## **Freshwater Mankind Project iGroup**

Community men's group, dedicated to supporting growth and maturity by sitting together in deep presence. [www.mankindproject.org.au](http://www.mankindproject.org.au)

## **Head Above Water**

Activity-based charity who aims to build mental fitness on the Northern Beaches & beyond through funded workshops with our program partners. [www.headabovewater.com.au](http://www.headabovewater.com.au)

## **Lifeline Northern Beaches**

Low cost face-to-face counselling. [www.lifelinenb.org.au](http://www.lifelinenb.org.au)

## **Man Anchor**

Man Anchor is a mental health education provider passionate about building mental health literacy across Australia to improve support networks, connection and ultimately reduce suicide.  
[www.mananchor.com.au](http://www.mananchor.com.au)

## **meditationHQ**

The perfect mix of education, experiences & inspiration as we create seemingly simple yet powerful experiences utilising life-changing meditation and wellness practices, delivered in practical and accessible ways. [www.meditationhq.com.au](http://www.meditationhq.com.au)

## **Men's Kitchen**

If you are an older man and are looking to increase your confidence in the kitchen or have had to take over the role of preparing meals, and most importantly, would like to join a group of men who enjoy each other's company while preparing a meal, the Men's Kitchen is for you. [www.menskitchen.org.au](http://www.menskitchen.org.au)

## **Mentoring Men**

Provides free long-term one-to-one life mentoring for men who are going through some challenges or changes in their life. [www.mentoringmen.org.au](http://www.mentoringmen.org.au)

## **Mongrels Men Health and Wellbeing**

Mongrels Men run close to 300 events and activities for men on the Northern Beaches every year designed to get blokes off the couch, outdoors, moving, communicating, connecting and developing new social and support connections with other men in their local community so they have somewhere to go, something to do, someone to talk to and support when needed. [www.mongrelsmen.com](http://www.mongrelsmen.com)

## **MoWaNa Northern Beaches Safe Space**

FREE drop-in style space opened out of hours to support you if you are experiencing emotional distress and/or suicidal thoughts. [www.mowana.org.au](http://www.mowana.org.au)

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## **Northern Beaches Cares**

A local community-led group & member of the National Suicide Prevention Network working to support, promote & run programs & activities that help reduce suicide & mental distress on the Northern Beaches.  
**[www.facebook.com/northernbeaches.cares](https://www.facebook.com/northernbeaches.cares)**

## **Northern Beaches Community Health Service**

Provides specialised mental health services & support for all ages & mental health needs within the Northern Beaches area. **[www.nslhd.health.nsw.gov.au](http://www.nslhd.health.nsw.gov.au)**

## **Northern Beaches Community Mens Shed Inc**

We provide a safe environment where men are able to work on projects in the company of other men.  
**[manlymensshednsw@gmail.com](mailto:manlymensshednsw@gmail.com)**

## **Northern Beaches Men**

A local Northern Beaches group providing online peer support & a range of activities based on promoting men's social & emotional well being. **[www.facebook.com/groups/northernbeachesmen](https://www.facebook.com/groups/northernbeachesmen)**

## **Dads in Distress Support Group**

Supports fathers experiencing trauma related to family breakdown and separation.  
**[www.dids.org.au](http://www.dids.org.au)**

## **Roses in the Ocean**

Providing peer CARE Companions with lived experience of suicide in our community.  
**[www.rosesintheocean.com.au](http://www.rosesintheocean.com.au)**

## **The Forest Community Men's Shed**

Now in its 16th year of operations, The Men's Shed provides a woodworking and hobbies workshop facility and 'drop-in centre' for retired and older aged men, where they can meet and socialise with other men and at the same time work on personal or community projects. **[www.forestmensshed.org.au](http://www.forestmensshed.org.au)**

## **The Men's Table**

A national, non-profit organisation that builds communities for men so they can talk about the highs and lows of life over dinner, every month, in a safe and non judgmental space - in the Northern Beaches there are now five (5) Tables. **[www.themenstable.org](http://www.themenstable.org)**

## **The Way Back**

Provides suicide prevention psychosocial support & linkage in the community.  
**[www.ccnb.com.au/the-way-back-support-service/](http://www.ccnb.com.au/the-way-back-support-service/)**

## **Walk'n'Talk For Life Foundation Ltd**

A community walking group that connects people in a supportive environment.  
**[www.walkntalkforlife.org.au](http://www.walkntalkforlife.org.au)**

## **Translated Mental Health Resources**

**<https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/community/in-your-language>**