

The Men's Well



Commencing on Tuesday 23rd April 2024 @ 7pm at Northern Illawarra Uniting Church, The Men's Well, which is a group for men who are separated, divorced, or widowed and are finding life challenging. We meet to discuss and provide ways to help regulate emotional and uncomfortable feelings so peace and self-management can prosper. The group through support, topical themes and personal tools will strive to better your reactions in these difficult times. A goal of the group is to improve relationships with women in general. Through the wisdom of the group, ways are sought and adopted that will provide fruitful outcomes enhancing confidence and happiness in hard times. If you are or know someone that this group might help, please contact Rev Mark Beaton on Mob: 0430209195 or email: mark.beaton2@gmail.com or visit "The Men's Well" on Facebook.