

Want to know what is happening for men in your part of town? Check out our Google Map

[Map of Services for Christchurch Men](#)



Another useful map is:

[Canterbury Community Gardens Map](#)

## Men's Groups Listing

**MensLine Support Group:** open, facilitated, weekly men's group, 21 years' experience. Tuesday night 7:30-9:30 at Christchurch FREE | **(03) 365 4239**

**MensTrust:** Men's groups, men's weekends and events  
[menstrust.org.nz](http://menstrust.org.nz) | **(03) 940 9487**

**ManKind Project:** Open Meetings Tuesday nights. Bring your authentic self to an evening of support and challenge. [mkp.org.nz](http://mkp.org.nz) | Graeme Withell 0274735018

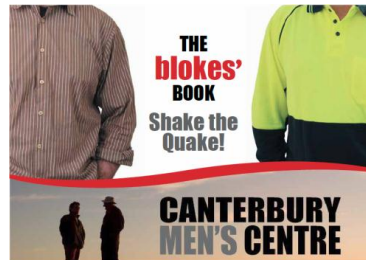
**Addington Men's Group:** regular Tuesday outings. Addington Community Cottage | **(03) 338 1613**

**Hei Hei Men's Group:** meets at St. Aidans Church 126 Hei Hei Road (cnr Hei Hei & Buchanans Roads)

[subscribe](#) or [unsubscribe](#)

## News

### The Blokes' Book



The Canterbury Men's Centre's men's health resource booklet has been oversubscribed. They are waiting for more funding and hope to print another round by the end of August. For more info, a pdf of the booklet, or to pre-order some go to <http://canmen.org.nz/services/blokes-book/>

*Thanks to the MSD Canterbury Earthquake Recovery Fund for funding for the first edition.*

### Canterbury Men's Sheds Radio New Zealand

Radio New Zealand's Katie Gossett interviewed the men of the Aldred's Shed in St. Albans as well as Donald Pettitt, Manager of the Canterbury Men's Centre to find out what is driving this movement.

<http://www.radionz.co.nz/national/programmes/afternoons/audio/2495509/southern-story-for-11-august-2011-men-s-sheds>

Sheds were also covered in the HisBiz e-news at

<http://www.hisbiz.co.nz/articles/sport-and-recreation/post/84/>

### Heart Foundation Health Promotion Role



on the second Friday of each month.

Phone Tracey Buunk (group coordinator) | (03) 342 5864

**Promise Keepers:** Christian Men's Groups

see [w3.promisekeepers.org.nz/christchurch.html](http://w3.promisekeepers.org.nz/christchurch.html)

**Men on a Mission:** running twice per year on a weekday with free lunch and trips around Chch.

Ph. Jeff Jones (03) 366 8128 (Salvation Army) or  
Ph. John Coyle (03) 366 6745 (Methodist Mission)

**Men Relating:** eight week course to develop respectful relationships, new communication skills and resolve conflict. Contact Relationship Services

Whakawhangaungatanga | (03) 366 8804

**Dad's Relating:** eight week course for dads wanting to parent better. Contact Relationship Services  
Whakawhangaungatanga | (03) 366 8804

**Pascha Centre Men's Group:** A monthly facilitated men's group using intuitive therapy, 3rd Thursday of the month, 7:30 pm, at 165 Madras St., cost \$20, for more info call | (03) 374 2526

### Youth

**Tracks:** Turning Boys into Men, 5 day "Rites of Passage" events.  
| [tracks.net.nz](http://tracks.net.nz)

**Q-Topia:** for gay youth (see Gay Men)

**Enabling Youth:** 12 week co-gender facilitated programme providing group or individual support to young people. Focuses on ways to cope with frustration, anger, and violence.

## Heart Health Advocate - Canterbury

- Permanent part-time (20 hours per week)
- Promoting the health message in the community
- includes the promotion, facilitation and advocacy for heart health and cardiac care services by engaging with communities, agencies and networks.

Applications Close 28 August 2011. More info at

<http://www.trademe.co.nz/jobs/healthcare/other/listing-399121476.htm>

## Events:

### Network meeting for Men Working in Social Work/Health/Education/Employment



An informal men's network group meeting second Thursday of each month. Purposes defined for the group early are:

- 1) Peer Support, social contact, living well in your role
- 2) Collaboration between agencies and other professionals working with men/boys
- 3) Political change and advocacy
- 4) Learn about available services for men/boys and disseminate info about them to the group and their associates, networking
- 5) Education and training about working with/for men/boys

**When:** second Thursday of the month, 12:00 to 1:15

**Where:** Check with us.

**What:** a new focus each month, so get on the mailing list to be informed

**Bring:** your lunch, we provide the cuppa

To receive an invite to this group, contact Donald Pettitt of the Canterbury Men's Centre, [donald@canmen.org.nz](mailto:donald@canmen.org.nz) or phone 940 9487



The first MISHEES meeting since the February earthquake is coming up.

**When:** Thu, August 25, 12:00pm – 1:15pm GMT+12:00

**Where:** Comcare Trust, 251 Lichfield St.

**Bring:** Your lunch

|(03) 365 6266

## Community Groups

### Male Survivors of Sexual Abuse

**Trust:** one to one and group support for male survivors, in a safe environment, experienced staff. [survivor.org.nz](http://survivor.org.nz) | (03) 377 6747

**Father and Child Trust:** on-going support and education for fathers, groups/courses/talks/ and a superb magazine [fatherandchild.org.nz](http://fatherandchild.org.nz) | (03) 982 2440

**START:** Sexual abuse counselling service | (03) 355 4414

**Men at Work:** a course for men seeking to enter/return to/move inside the workforce. Contact Tony at Kingdom Resources. | (03) 332 1700

**Luna House:** course for men living with women with menstrual cycles/going through menopause | (03) 332 5755

## Health

**Menz Medical:** A general practice for all your health needs 158 Fitzgerald Ave. [menzmedical.com](http://menzmedical.com) | (03) 981 8181

**Hearing Therapy Services:** Free hearing tests | 0800 008 011

### Sexual Health/Family

**Planning:** Free sexual health assessment, birth control, treatment, advice and counselling. 33 St Asaph St. | (03) 364 0485

### Prostate Cancer

**Foundation:** meeting third Tuesday of the month, Cancer Society, Manchester and Kilmore Street, 7:30 pm, access via side

## Suicide Prevention Talks in Waimakariri

Injury Prevention Waimakariri is running a free Community talk and workshop in conjunction with Barry Taylor.

**Community talk** by Barry Taylor - Holding on when it's hard to hold on

The long term impact of trauma and other serious life crises can lead to a questioning of our sense of security and usual coping skills. This workshop covers how depression and anxiety affects us, how to recognize it and some useful coping strategies to minimize the impact. It also covers some helpful hints on how to support people who you are concerned about.

Date: Wednesday 24th August 7pm -9 pm, Kaiapoi Workingman's club, 113 Raven Quay Kaiapoi

### Training Workshop

Something to Live For: An Introduction to Suicide Prevention and Intervention

The long term impact of trauma and other serious life crises can lead to a questioning of our sense of security and usual coping skills. This can lead to depression and anxiety and for some developing into suicidal thinking. This one day workshop provides non mental health workers an overview of best practice in suicide prevention and intervention. It explains why suicide can become an option, how depression affects people's ability to problem solve, challenges in identifying suicidal risk, strategies for engaging and supporting the suicidal person and keeping them safe through the crisis.

Thursday 25th August 9 - 4.30 pm, Kaiapoi Workingman's club, 113 Raven Quay Kaiapoi

RSVP Sarah Lodge, Injury Prevention Coordinator, Ph : (03) 3118902 ext 8829  
Mob: 021 567 544

## Mensline Men's Weekend, 19-21 August

Mensline is running one of its men's groups weekends at The Vicarage in Governors Bay. Cost is \$100. These events are for men that are interested in trying a men's group and often lead to the formation of a men's group. Info is not on line yet, but the previous event describes the plan at <http://mensline.net.nz/whats-happening/mens-weekend/>.

"A privilege to be involved with this group." ~ Nigel

"I've gained ideas for communicating more effectively with my partner." ~ Chris

"I am leaving tonight feeling two tons lighter, much more relaxed and with some forward direction." ~ Alex

## Boots and All Spring 2011, 30 Sept to 2 October

Men's Psychodrama Event from 30 September to 2 October 2011. 7pm Friday to 4pm Sunday. Enrol by 23 September. At Journey's End, North Loburn. Cost: \$250 (includes food and accommodation). There are some reduced fee places available. For more

door off from the car park. For men and family affected by prostate problems. [prostate.org.nz](http://prostate.org.nz) | 0800 627 277

### Mental Health

**Step Ahead Trust:** Men's group for men with a mental illness who are independent and safe with themselves and others, contact | (03) 389 4001

**National Depression Support Line:** | 0800 111 757

**Lifeline 24 hrs.:** | (03) 366 6743 or 0800 543354

### Psychiatric Consumers

**Trust:** Offers Peer Support and Advocacy for people needing support with Work & Income, ACC or other services and a social drop-in centre. [pctrust@xtra.co.nz](mailto:pctrust@xtra.co.nz) | (03) 366 8288 Call for open hours

### South Island Advocacy

**Service:** | 0800 377 766 or (03) 377 7501

### Stopping Your Violence

**He Waka Tapu:** programmes to stop your violence against women and children for Maori men and men with Maori whanau [hewakatapu.org.nz](http://hewakatapu.org.nz) | (03) 373 8150

**Stopping Violence Services:** group and individual counselling [angermanagement.org.nz](http://angermanagement.org.nz) | (03) 365 6266 (also see our youth section)

**The Goals Centre:** One-on-one stopping violence, 8 week course. [goalscentre.co.nz](http://goalscentre.co.nz) | (03) 3664132

### STOP Programmes:

Treatment/therapy for men/boys who've sexually abused/offended

information phone The Canterbury Men's Centre: (03) 9409487 email: [simon@canmen.org.nz](mailto:simon@canmen.org.nz)



## Oxford Menz Shed Trust Spring Cruise

### Oxford Community Men's Shed Trust Spring Cruise 2011

**Sunday 2nd October**

**Cost: \$10 per car**

Proceeds to the establishment of the Oxford Community Men's Shed.

**Registration:** 10am-10.30am at the Yalhurst Tavern West Coast Road.

All entrants will go into a prizes draw.

The draw will take place at 1pm on the site of the Community Men's Shed.

The short cruise, approximately 60km, will take in the foot hills of North Canterbury finishing at the Oxford Pearson Park Oval.

*Experience*  
**OXFORD**

**Local Art Gallery,  
Local Restaurants,  
Gift Shops,  
Local Museum,  
Craft and Farmers Market  
Children's Market**

**Plus a wide range of family Entertainment.**

#### What is a Men's Shed:

Men's sheds are being established to meet a need in many communities throughout N.Z. These sheds provide for men's friendship, health and well-being in conjunction with regular and supervised hands on activities. The community shed will become the focal place for both individual and community benefit.

For further details phone Trevor on 039604919

and for boys with sexually harmful behaviours. Support/education for family members.

[stop.org.nz](http://stop.org.nz) | (03) 374 5010

### Stopping Their Violence

**Police:** call Family Violence Coordinator | (03) 363 7400

**Cant'y Men's Centre:** (03) 940 9487 to discuss options

**Father and Child Trust:** | (03) 982 2440

**Victim Support:** | (03) 363 7643  
**Child Youth and Family:** | 0508 326 359

### Fathers and Separation

*\*Also, see the Cant'y Men's Centre flyer "Fathers and Separation"*

**Father and Child Trust:** on-going support and education for fathers, groups/courses/talks/ and a superb magazine. [fatherandchild.org.nz](http://fatherandchild.org.nz) | (03) 982 2440

**MensLine Support Group:** (See Men's Groups above)

### Parenting through

**Separation:** Two-2 hour sessions that coach you on how to separate well. Lots of different providers in Cant'y so call the Family Court for more info | (03) 962 4000

**Family Court Coordinators:** free couple's counselling, support to learn about FC processes | (03) 962 4000

**Family Court Consumers Trust:** If you are not using a lawyer and are applying to the Family Court | (03) 348 9047 or contact [aneilson@xtra.co.nz](mailto:aneilson@xtra.co.nz)

### Christchurch Community Law

**Centre:** Free legal information and advice on family law issues and Court processes. [canlaw.org.nz](http://canlaw.org.nz) | (03) 366 6870

## Men's Open Event, 25-27 November

This weekend will be self-lead with the organisers supporting the group to define its interests on the first night.

**Cost:** Not clear yet but low cost

**Where:** Leigh Lodge, Journeys End Camp, North Loburn

**When:** Fri night to Sunday afternoon, 25-27 November

**Contacts:** Gordon Hamblyn 021 0773565 [Gordon.hamblyn001@cyf.govt.nz](mailto:Gordon.hamblyn001@cyf.govt.nz) , and Paul Scott 022 0253136

## National

### Heart Foundation: Know Your Numbers Campaign



The Heart Foundation is running an IT based personal heart health check and programme. See [www.knowyournumbers.co.nz](http://www.knowyournumbers.co.nz) for more info.

### Prostate Cancer Review

A review of current prostate treatment recommendations resulted in mixed reviews. <http://www.odt.co.nz/campus/university-otago/171006/prostate-cancer-report-discord>

### White Ribbon Revving Up



[www.whiteribbon.org.nz](http://www.whiteribbon.org.nz)

**Legal Options:** Experienced family lawyers providing assessment and advice for a set fee. Could save you some grief. [legaloptions.co.nz](http://legaloptions.co.nz) | (03) 365 8280

**Blended Families:** weekly step-parenting group at WEA, first Monday each month, 7:30-9:30, call Don or Wendy on | 027 688 2061

**Union of Fathers:** peer support with family court issues [uof.org.nz](http://uof.org.nz) | 07 928 4323

**Parentline:** | 0800 657 27368

#### Addictions

**Alcohol Drug Helpline:** (national service based in ChCh) 10 am - 10 pm 7 days | 0800 787 797

**Narcotics Anonymous:** Tue 7:30pm Southern Men's: Bridge Aftercare, 27 Collins Street, Addington [nzna.org/drugproblem/meetingslists.shtml](http://nzna.org/drugproblem/meetingslists.shtml)

**Problem Gambling:** The Problem Gambling Foundation men's group meeting every Tuesday 6:30-8:30pm, 6 month commitment, Problem Gambling Foundation. For more information | (03) 379 2824

**Gambling Helpline:** 0800 654 655, 7 days 8am-10 pm

**Sex Therapy New Zealand:** Counsellors | 0800 739 843

**Overeaters Anonymous:** 12 step programme for men and women dealing with compulsive eating, anorexia, bulimia, obesity and overeating. Six meetings per week, no membership fee. | (03) 365 3812

The White Ribbon Campaign is being run again. Check out the latest newsletter at <http://whiteribbonnz.files.wordpress.com/2011/08/white-ribbon-newsletter-august-2011.pdf>.

## Suicide Prevention Conference



<http://www.spinz.org.nz/file/2011-Conference/PDF/spinz-conference-programme-overview-08-07-11-2-.pdf>

## Men and Fathering Course

Training men for leading fathering groups

- Does your job put you into contact with fathers?
- Have you thought about running a local dads group??
- Do you feel like you would like to work with men?

A 3 Day Event Facilitated by Warwick Pudney & Keith Tudor

**Date:** 15th – 18th September 2011

The group will run from Thursday evening 6.00pm – Sunday 2.00pm.

**Venue:** Bella Rakha (formerly "Knoc na Gree"), 561 West Coast Rd, Oratia, Waitakere.

**Cost:** \$890. Includes: accommodation, food, leadership, programme materials, a fathering programme manual.

contact: Warwick Pudney on 09 627 5411, [warwickpudney@clear.net.nz](mailto:warwickpudney@clear.net.nz) or Keith Tudor on 09 817 9438 or by e-mail on [keith.tudor@orcon.net.nz](mailto:keith.tudor@orcon.net.nz)

## Next Essentially Men Course



A popular weekend event for men keen to explore themselves as men, and make sense of their life. Friday 2nd September 7.00pm to Sunday 4th September 11.00pm

[www.essentiallymen.net](http://www.essentiallymen.net). OR download the brochure with registration

form [EM80 MenBeing Real flyer](#)

**Deposit \$50 Full price \$595...\$345 Sliding Scale**

**Active Recovery Centre:**  
| (03) 366 6661

**Gay Men  
New Zealand Aids**

**Foundation:** Free counselling, a range of events and info.  
[nzaf.org.nz](http://nzaf.org.nz) | (03) 379 1953

**Gay options in  
Christchurch:** [gaynz.com/community/gay-chc.php](http://gaynz.com/community/gay-chc.php)

**Q-Topia:** Events/support for gay youth  
[qtopia.org.nz](http://qtopia.org.nz) | 021 175 3631

**Outline NZ (for gay men):** | 0800 OUTLINE

**AIDS Hotline:** | 0800 802 437

**Gayline:** | (03) 379 4796

**Recommended Counsellors**

**Rata Counselling Centre:**  
[ratacounselling.org.nz](http://ratacounselling.org.nz) | (03) 332 5388

**Home and Family Society:**  
[homeandfamily.net.nz](http://homeandfamily.net.nz) | (03) 379 5645

**Petersgate Counselling Centre:**  
[petersgate.org.nz](http://petersgate.org.nz) | (03) 343 3391

Donald Pettitt  
Manager  
Canterbury Men's Centre  
141 Hereford St.  
Christchurch  
03 940 9487  
[info@canmen.org.nz](mailto:info@canmen.org.nz)

or

Simon Gurnsey  
Office Coordinator  
[simon@canmen.org.nz](mailto:simon@canmen.org.nz)

# International:

## Women and Prostate Cancer U.S.



American women affected by prostate cancer have come together to "win the war" against it. <http://www.womenagainstproustatecancer.org/>

## We are, the Spooky Men:

A video of a chorus sung by a group of men that spoofs and confuses.  
[http://www.youtube.com/watch?v=RvCFIposH\\_g](http://www.youtube.com/watch?v=RvCFIposH_g)

## Soften the Fck Up:



An intriguing Aussie men's mental health campaign.  
<http://softenthefckup.com.au/facts>

## Australian National Men's Health Gathering 19 - 22 September, 2011



- 9th National Men's Health Conference
- 6th National Aboriginal & Torres Strait Islander Male Health Convention
- 5th National Men & Family Relationships Forum

<http://www.cvent.com/events/men-s-health-gathering-2011/event-summary-2b7cc7f5b090400587d742933cd22f40.aspx>

## Philip Zimbardo: The demise of guys?



Talks	TED Conferences
Speakers	TEDx Events
Themes	TED Prize
Translations	TED Fellows

TALKS | IN LESS THAN 6 MINUTES

### Philip Zimbardo: The demise of guys?

TED2011, Filmed Mar 2011; Posted Aug 2011



<http://www.ted.com/talks/zimchallenge.html>


A well-known lecture series by leading (mostly American) speakers focuses on boys/men. Philip claims growing male shyness and worsening educational outcomes, driven by an arousal focused internet world instead.

## Dr. Jeff Gage:

### Support for Fathers to Engage in their Children's Learning



An English Parent Support Advisory Programme was piloted in 2006-2008 to support 'parents' with children at risk of behavioural and social difficulties. Although the programme was evaluated positively a secondary analysis revealed engagement of fathers was the least successful aspect of the programme. Barriers to father engagement included stereotypical assumptions about the roles of fathers in families, inflexible hours of work and gendered views about the roles of male and female staff. The authors concluded that a more systematic and sustained effort should be made to



reduce barriers to fathers' participation, thereby facilitating opportunities for them to become involved with their children's learning and education.

Cullen, S.M., Cullen, M.A., Band, S., Davis, L., & Lindsay, G. (2011). Supporting fathers to engage with their children's learning and education: An under-developed aspect of the Parent Support Advisor pilot. *British Journal of Educational Research*, 37 (3), 485-500.

Dr. Jeffrey Gage is a Registered Nurse and Lecturer at the Health Sciences Centre, Canterbury University. He teaches Health Promotion and Men's Health and his primary research interests are fathering and family health. Contact:

[Jeffrey.gage@canterbury.ac.nz](mailto:Jeffrey.gage@canterbury.ac.nz)

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