

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 | (03) 940 9487

ManKind Project: Open Meetings Tuesday nights. Bring your authentic self to an evening of support and challenge. 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) 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

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)

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

News

Lifeline Poster Available

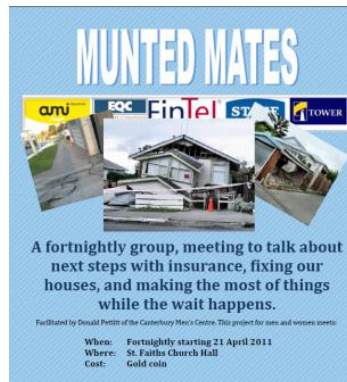


A timely poster by Lifeline is available if you have some space in your reception.

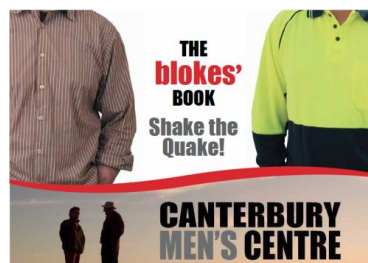
<http://www.recovercanterbury.co.nz/uploadGallery/Mainland%20Press%20ad%20R U OK.pdf>

"Munted Mates" Group

The Canterbury Men's Centre is running a fortnightly group for people (men, women and any others) in the east end of Christchurch dealing with damaged/lost homes. Alternate Thursday nights from 7:30-9:30 pm, the group is a chance to network with others to make the most of the situation while we address the loss, deal with the insurance, builders, family, and the mess. More info at <http://canmen.org.nz/munted-mates/>



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.

Men Relating: eight week course to develop respectful relationships, new communication skills and resolve conflict. Contact Relationship Services Whakawhanaungatanga | **(03) 366 8804**

Dad's Relating: eight week course for dads wanting to parent better. Contact Relationship Services Whakawhanaungatanga | **(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

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. | **(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 | **(03) 377 6747**

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

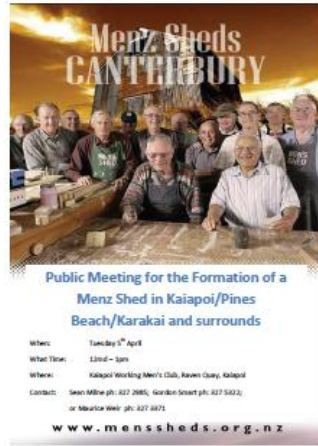
START: Sexual abuse counselling service | **(03) 355 4414**

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

Men's Sheds Summary



The Canterbury Men's Centre is supporting a range of Men's Sheds to set up in Canterbury. A status update is below. Find more info at www.menssheds.org.nz .

[Aldred Community Mens Shed](#)- operating 3 days per week

[Kaiapoi Menz Shed](#)- planning to set up at the Wool Shed, but waiting for funding decision

[New Brighton Menz Shed](#)- resource consent submitted for a shed behind the St Faith's Hall.

[Oxford Menz Shed](#)- fund raising

[Rangiora Menz Shed](#)- opening soon at the A&P grounds

[Rolleston Men's Shed](#)- Group recently started meeting to create the shed.

[Rowley Resource Centre Menz Shed](#)- opening again soon

[St. Ninians Riccarton Menz Shed](#)- opening again soon

[Sumner/Redcliffs Menz Shed](#)- the proposed shed has a giant boulder in it, and time to reflect needed

Men Wanted for Local Mental Health Research



Have you ever wondered about your mental well-being.....and then did something about it?

If you have and that action included approaching someone you know:

- girlfriend, partner spouse or
- acquaintance, team mate or friend or
- family member (extended family) or
- work colleague/mate or employer or
- volunteer service (telephone counselling) or
- a support group (men's group) or
- church leader or kaumatua

..... to help you with your concerns, then your experience may be useful for other men.

A study will soon commence that looks at men's experiences when informally seeking help for concerns related to mental well-being. If you are an adult man (18 years of age or older), have sought the help from others who were not specifically trained to assist for issues related to mental well-being and you are willing to share your experience, then you may be interested in participating in the study.

If you would like to receive an information sheet that explains more about the study, please contact Karey (a PhD student who has an interest in men's health). He can be

Menz Medical: A general practice for all your health needs 158 Fitzgerald Ave.

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 door off from the car park. For men and family affected by prostate problems. 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 | (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 | (03) 373 8150

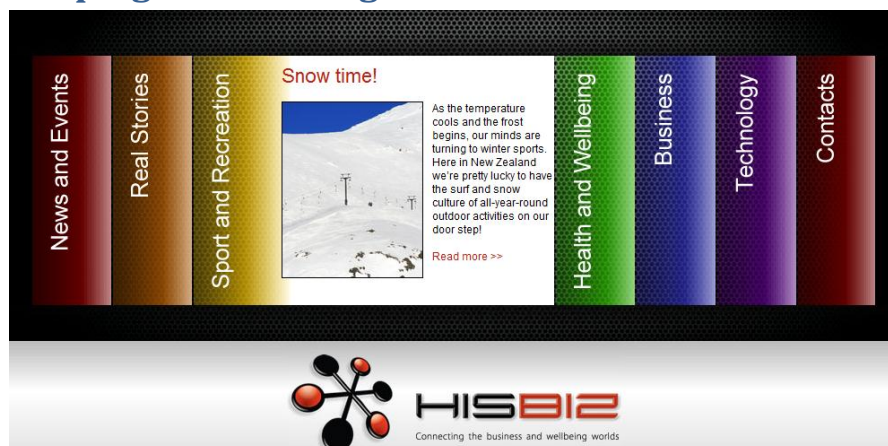
Stopping Violence Services: group and individual counselling angermanagement.org.nz | (03) 365 6266 (also see our youth section)

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

contacted on his cell phone (021 253 6297), home phone (03 337 9397) or by e-mail (kareymeisner@gmail.com). Texting is fine. This study is supported by the University of Canterbury Health Sciences Centre. The supervisors are Dr. Jeff Gage (Tel. 366-7001 ex.7403) and Dr. Neil Rodgers (Tel. 366-7001 ex.3839). This study has also received approval from the University of Canterbury Human Ethics Committee



Keeping Sane in Tough Times



His Biz is a monthly e-newsletter with suggestions for keeping sane.

<http://www.hisbiz.co.nz/>

Men's Events:

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



MensTrust Open Event, 25-27 November

STOP Programmes:

Treatment/therapy for men/boys who've sexually abused/offended and for boys with sexually harmful behaviours. Support/education for family members.

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 | (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

Christchurch Community Law

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

Legal Options: Experienced family lawyers providing assessment and advice for a set fee. Could save you some grief. 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

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, and Paul Scott 022 0253136

Promise Keepers Event 12-13th August



A Christian men's event that is very well attended.

http://www.promisekeepers.org.nz/ss_nx_144/display.php?List=33&N=439

National

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 or Keith Tudor on 09 817 9438 or by e-mail on keith.tudor@orcon.net.nz

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Union of Fathers: peer support with family court issues 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

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

Active Recovery Centre: | (03) 366 6661

Gay Men New Zealand Aids

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

Gay options in Christchurch: gaynz.com/community/gay-chc.php

Q-Topia: Events/support for gay youth 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 | (03) 332

Review of NZ Men's Nutrition-Wellness Programmes

Canterbury

District Health Board

Te Poari Hauora o Waitaha

The CDHB recently did a review of nutrition and wellness programmes for men in the New Zealand context. They have been considering opening the Appetite for Life course up for men after running the programme for five years for women only. More info at <http://www.cph.co.nz/Files/NutritionWellnessInterventionMen.pdf>

Men's Health Trust NZ Event in Auckland



When: Saturday 30 July 2011

Time: 6:00pm – 12:00am

Where: New Zealand ballroom, level 5, Skycity, Convention centre, Federal Street, Auckland City

Dress: black tie

Tickets \$2,500 per table of 10 or \$250 per person (INCL . GST). Tickets can be purchased from Men's Health Trust NZ, (09) 306 8820 or info@you.org.nz
For more information www.you.org.nz/younight

Research into NZ Men's Experience of Abortion

Southern Men, moral reasoning, abortions and care

Ruth Fitzgerald is a medical anthropologist working at the University of Otago and researches in the area of human reproduction, moral reasoning and medical technologies. <http://www.otago.ac.nz/anthropology/anth/people/fitzgerald.html>

She is currently studying men's experiences and thoughts about their involvement in the decision-making over whether to terminate a pregnancy. Ruth has no active political involvement in the social debates about termination and she is hoping to collect as many diverse experiences as possible from men who have been involved in this situation. Participants will be asked to reflect on their experiences in a confidential taped one hour long conversation conducted either by Ruth or her Research Fellow on this project, Martha Bell. Contact Ruth Fitzgerald ruth.fitzgerald@otago.ac.nz

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Home and Family Society:

homeandfamily.net.nz | (03) 379

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Petersgate Counselling Centre:

petersgate.org.nz | (03) 343 3391

Donald Pettitt

Manager

Canterbury Men's Centre

141 Hereford St.

Christchurch

03 940 9487

info@canmen.org.nz

or

Simon Gurnsey

Office Coordinator

simon@canmen.org.nz

International:

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>

Dr. Jeff Gage:

(Apologies this month)