Male Call

March 2010

Events/Courses

Upcoming Men's Mental Health + Suicide Conference in Masterton

Hornby Heartlands Event- Tell your Hornby Clients

The MISHES

Menz Sheds National Conference

Men's Psychdrama Weekend

MensTrust Event

In This Month's News

Canterbury Men's Health in the News

Fathers of Infants Course

Amateur Pugilists Wanted!

Men, Separation and Suicide on National Radio

Male Focussed Counselling

Feeling Radical?

MensLine 0800 Helpline Closing

Map of Services for Christchurch Men

Want to know what is happening for men

Canterbury Men's Health in the News

Jonny Kirkpatrick of Sport Canterbury recently reviewed the literature on **Men's Health** in Canterbury. You can find the media response at:
http://www.stuff.co.nz/the-press/news/3327575/Sexist-stance-hurts-men
http://www.radionz.co.nz/audio/national/ntn/2010/02/17/research_shows_major_inequalities_in_mens_health
The document describing Canterbury Men's Health can be found at:
http://nzmenshealth.org.nz/

Upcoming Men's Mental Health + Suicide Conference in Masterton

http://www.wairarapa.dhb.org.nz/WDHB/HealthyLifestyles/Mens_Wellbeing/DHB%20Mens%20Brochure.pdf

in your part of town? Check out our Google Map

http://tinyurl.com/supportforcantymen
Services for Canterbury Men (e-mail us for the flyer with the info listed below)

Join a Men's Group?

***Contact us to find a group that is right for you or your client. Also, see the map above.**

MensLine Support Group*:* open, facilitated, weekly men's group, 21 years experience. Tuesday night 7:30-9:30 at Christchurch Community House 141 Hereford St., Cost $5 03 365 4239

MensTrust: closed men's groups, men's weekends and events, see menstrust.org.nz phone 03 940 9477

ManKind Project: Open Meetings Tuesday nights
Bring your authentic self to an evening of support and challenge, 021 475 900 mkp.org.nz

Addington Men's Group: regular Tuesday outings. Addington Community Cottage 338 1613

Sydenham Outings for Men: Tuesday afternoon 1-3, also day outing first Tuesday. Gold coin donation. Contact Liam 337-2731

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 co-ordinator) 342-5864

Promise Keepers: Christian Men's Groups see w3.promisekeepers.org.nz/christchurch.html

Men on a Mission: running twice per year

Fathers of Infants Course

Bouquets to the Christchurch Methodist Mission for piloting their recent "Fathers of Infants" course. Contact Beverly McNabb if you have clients that may be interested in future courses. 03 366 8839 x 816

Christchurch Methodist Mission

Amateur Pugilists Wanted!

Contact Justin Wallace, **mobile:** 0272 515210 justinwallace@enthdegree.co.nz for more info.

on a weekday with free lunch and trips around Chch. Ph Jeff Jones (Salvation Army) 366 8128 or John Coyle 366 6745 (Methodist Mission)

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

Dad's Relating: eight week course for dads wanting to parent better. Contact Relationship Services Whakawhanaungatanga Ph: 03 366 8804

Pascha Centre Men's Group: A monthly faciliatated men's group using intuitive therapy, 3rd Thursday of the month, 7:30 pm, at 165 Madras St., cost $20, ph 374 2526 for more info

Narcotics Anonymous: Tue7:30pm *Southern Men's:* Bridge Aftercare, 27 Collins Street, Addington [Wheelchair Access] nzna.org/drugproblem/meetingslists.shtml

Problem Gambling: The Problem Gambling Foundation meeting every Tuesday 6.30-8.30pm, 6 month commitment, Problem Gambling Foundation at 03 379 2824 for more information.

Prostate Cancer Meetings: third Tuesday of the month, Cancer Society, Manchester and Kilmore Street, 7:30 pm, access via side door off from the carpark. For men and family affected by prostate

Men at Work: a course for men seeking to enter/return to/move inside the workforce contact Tony at Kingdom Resources 03 332 1700

Step Ahead Trust: for men with a mental illness that are independent and safe with themselves and others, contact Kevin Muir at kevin@stepahead.org.nz

Hornby Heartlands Event- Tell your Hornby Clients

canterbury mens centre & hornby heartlands

"INFORMATION DAY"

FRIDAY 26 MARCH, 10AM – 2PM,
HORNBY HEARTLANDS CENTRE
25 SHANDS ROAD, HORNBY.

A day not to be missed ....!

Bringing together a range of Social Services Groups, who are Men / Ngā Tane / Male providers, and having them deliver face to face sharing of information and their services in the Hornby Community is definitely a day well worth supporting....

WHO IS THIS DAY FOR?

YOU THE COMMUNITIES! MUMS & DADS, YOUTH, WHANAU FAMILIES, GRANDPARENTS, OTHER AGENCIES AND COMMUNITY GROUPS – ANYONE THAT IS INTERESTED

- Meet face to face male / men social service providers delivering services in your community, neighbouring communities and city wide
- Access information and find out about what social services are available for our boys / male youths / men and meet the men with the professional expertise and in the know ...
- Opportunity to network and build community partnerships with male social service providers in an endeavour to help close the gaps for services that are lacking in our local communities.....

Phone June (03) 961 9248 - enquiries

Men's Health:

Menz Medical: for all health needs 158 Fitzgerald Ave. menzmedical.com 03 981 8181
Hearing Therapy Services: Free hearing tests at 0800 008 011
Sexual Health/Family Planning: Free sexual health assessment, birth control, treatment, advice and counselling. 33 St Asaph St, 03 364 0485
Family Planning: for men's sexual health checks Family Planning

Community Groups:

Male Survivors of Sexual Abuse Trust: one on one and group support for male survivors, in a safe environment, experienced staff 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 http://fatherandchild.org.nz 03 982 2440
Men's Advocacy Network: a monthly forum for men involved in the community linking with political rep's. First Friday every month, 11:45, 141 Hereford St. ph. us for more 03 940 9487
Home and Family Society: support for dads/men and step-families http://homeandfamily.net.nz 03 379 5645
Men at Work: a 3 week course for men seeking to enter/return to/move inside the workforce contact Tony at Kingdom Resources 03 332 1700

Men, Separation and Suicide on National Radio

Annette Beutrais makes the case for foccussed support for men with children going through the famliy court given the 11 to 1 comparison of risk (separated male vs. not separated)
http://www.radionz.co.nz/audio/national/ntn/2010/03/04/suicide_-_how_do_we_better_target_the_most_vulnerable

Male Focussed Counselling

Karey Meisner is known for his work with men through the Petersgate Counselling Centre. He is now moving into another practice at the Whole Body Health Centre in Beckenham and has these comments about counselling men.

"During the past 5 years there, I have noticed an increasing number of men have been coming to the centre. The most common reasons for coming have been to discuss the management of stress (related to work family and relationship and finances) and because of feeling isolation. To a lesser degree, men have been coming to get support to proactively develop male friendships, get more involved with children, improve their relationships with significant others and, as well, career satisfaction. Whatever the reason, it has been encouraging to me how many men are wanting to discuss their lives"!

Karey Meisner, B.A., M.Ed (Coun) (Dist), MNZAC, MCCPA (Cdn). The Whole Body Health Centre in Beckenham at 140 Colombo Street, Tel: 332-8442 (www.wholebody). Karey is trained in Solution Focused Counseling. He is also currently working towards a PhD in Men's Health.

Gay Men:

New Zealand Aids Foundation: Free counselling, a range of events and info at nzaf.org.nz
Gay options in Christchurch: gaynz.com/community/gay-chc.php
Koru Men's Group: For men leaving heterosexual relationships, contact the Canterbury Men's Centre (below)
Q-topia: Events/support for gay youth, ph. 021 175 3631, qtopia.org.nz

Youth:

Tracks: Turning Boys into Men, 5 day "Rites of Passage" events tracks.net.nz.
198 Youth Health free services (Doctor, nurse, counselling) for 10-25 year olds 03 379 4800
(Also see **Q-Topia**, above and **Enabling Youth**, below)

Stopping Your Violence:

He Waka Tapu: programmes to stop your violence against women and children hewakatapu.org.nz 03 373 8150
Stopping Violence Services: group and individual counselling angermanagement.org.nz 03 365 6266
Enabling Youth: 12 week co-gender facilitated programme providing group/individual support to young people. Focuses on ways to cope with frustration, anger and violence. 365-6266
The Goals Centre: One-on-one stopping violence, 8 week course 366 4132

The MISHES

If you are a man working in the social work, health or education sector then this group is for you. Details of the next Men in Social/Health/Education Services **monthly network group** are below.

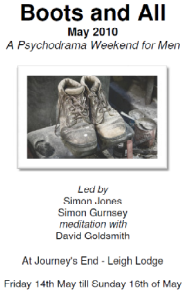
Where: 141 Hereford St. (in the ground floor committee room)
When: Thursday 11 March 12:00-1:15
Bring: Lunch, we will supply coffee/tea

Contact us to register your interest and to receive a reminder e-mail. contact us.

Menz Sheds National Conference

Menz Sheds are thriving in New Zealand and are planning their inaugural conference from April 9th to April 11th in Masterton. Contact Neil Bruce for more info. nb001_wave@ihug.co.nz

Men's Psychdrama Weekend



For more information phone Simon G: (03) 3299115 email: simon@simongurnsey.net or Simon Jones email simonvjones.57@gmail.com

goalscentre.co.nz
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.

Experiencing Violence?

Police: ask for Family Violence Coordinator at (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 Family Court:

Christchurch Community Law Centre: Free legal information and advice on family law issues and Court processes
http://canlaw.org.nz
03 366 6870
Union of Fathers: peer support with family court issues http://uof.org.nz
07 928 4323
Dads on the Air: Australian based podcasts for fathers
http://dadsontheair.net/
Parenting Through Separation
http://justice.govt.nz/family/

Recommended Counsellors:

Rata Counselling Centre
http://ratacounselling.org.nz
03 332 5388
Home and Family Society

MensTrust Event

The aim of this event is to build confidence in men to express themselves in a sacred, nurturing and sensual masculine way.

At this empowering workshop the work of the group will be carried out in a variety of ways: including expression through art themes; painting, dancing, singing, and chanting; exploring symbolism, movement, language and breath.

There will be feasting; both casual and formal; dynamic communing with each-other and Self; dynamic nurture of each other and Self; there will be morning exercise/meditation; there will be no sleep in.

Though security, through structure and facilitation, will remain paramount; an emphasis will be placed on the 'present' energy of the group.

This event is unlike any other you have experienced. Satisfaction guaranteed.

6:30pm Friday - 4.00pm Sunday

IS YOUR GLASS
HALF EMPTY OR HALF FULL?

Hell, a real man's cup runneth over! A real man ain't just brawn 'n' bruises, cuts 'n' callouses, dirt'n' dust! Real man's got feelin's. Big gentle heart and a right-brain sensitivity that yields a unique elegance unbeknown to lesser mortals. Real man can massage a butterfly, mend a busted heart, paint a masterpiece, dance on the head of a pin, while openin' life's portal to pure divinity!

Do YOU wanna get REAL?

LIMITED PLACES AVAILABLE.

ENQUIRIES:- PH. 940-9477
OR 021 077 3565
BOOKINGS TAKEN NOW AT .....
ADMIN@MENSTRUST.ORG.NZ

MensTrust
MensTrust 144 Hereford St. Ph. 940-9477 http://menstrust.org.nz

EMPOWERING
THE SENSUAL
MASCULINE
REAL
MENS
WORK
CONNECTION
MOVEMENT
CREATION
SACRED
TOUCH
TRUST
COURAGE
EXPERIENCE

JOURNEY'S END - NORTH LOBURN
26 - 28 MARCH 2010

AN EXTRAORDINARY EVENT FOR MEN

Feeling Radical?

Why have men been slow to take a male gender focus on issues and is this changing? "Angry" Harry and Erin Pizzey explore this question.
http://www.youtube.com/watch?v=OIXenLSrLlc&feature=player_embedded

http://homeandfamily.net.nz
03 379 5645
Petersgate Counselling Centre
http://petersgate.org.nz
03 343 3391
198 Youth Health (free for 10-25 year olds) 03 379 4800

Telephone Support:

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

National Depression Support Line 0800 111 757

Outline NZ (for gay men) 0800 OUTLINE

AIDS Hotline 0800 802 437
Gambling Helpline 0800 654 655,7days 8am-10 pm
Lifeline 24 hrs 366 6743, 0800 543354
Prostate Cancer Foundation 0 800 627 277 prostate.org.nz

Donald Pettitt
Manager
Canterbury Men's Centre
141 Hereford St.
Christchurch
03 940 9487
donald@canmen.org.nz

or

Simon Gurnsey
Office Coordinator
simon@canmen.org.nz

MensLine 0800 Helpline Closing

MensLine New Zealand is closing it's doors for now due to a funding shorfall in it's parent organisation, Lifeline. Thanks to all those that have supported it over the years. It's unfortunate to see one of the few clear doorways for men to access services being shut.

Dr Jeff Gage: Men and Depression

Depression affects the lives and health of many men in New Zealand and internationally. A recent study explored the portrayal of depression in Esquire, Men's Health and Sports Illustrated magazines. Findings revealed that messages about depression promoted stereotypical ideals of masculinity, particularly the view that men should not express negative feelings or seek help for emotional pain. The author questioned a bias toward the biochemical causes of depression thereby preferencing pharmaceutical treatment and also the value of highlighting 'rich and famous' sufferers with who the regular male readership may not easily identify.

Clarke, J.N. (2009). The portrayal of depression in magazines designed for men. *International Journal of Men's Health (2000-2007) 8* (3), 202-212.

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