

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 Cost \$5 | **(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**

**Sydenham Outings for Men:** Tuesday afternoon 1-3, also day outing first Tuesday. Gold coin donation. Contact Liam | **(03) 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 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

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

## "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/>



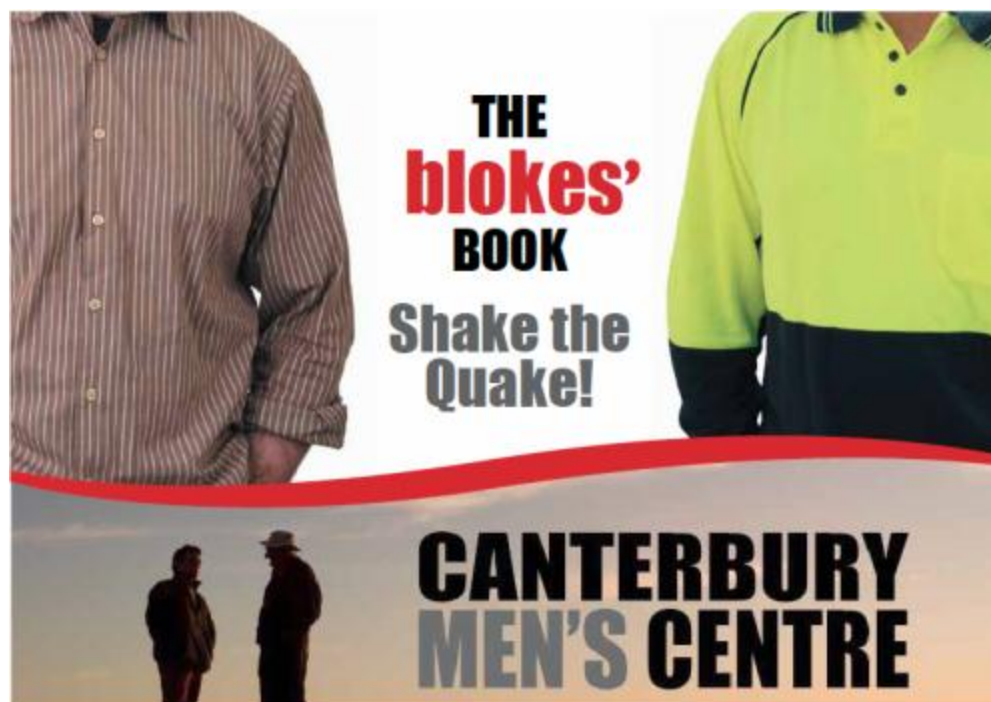
**MUNTED MATES**

A fortnightly group, meeting to talk about next steps with insurance, fixing our houses, and making the most of things while the wait happens.

Facilitated by Donald Pettitt of the Canterbury Men's Centre. This project for men and women meets:

When: Fortnightly starting 21 April 2011  
Where: St. Faiths Church Hall  
Cost: Gold coin

## The Blokes' Book



**THE  
blokes'  
BOOK**

Shake the  
Quake!

**CANTERBURY  
MEN'S CENTRE**

The Canterbury Men's Centre's men's health booklet is almost complete. This booklet is more focussed on men finding services, but has some info about general healthcare. Latest draft is at <http://canmen.org.nz/2011/02/the-blokes%E2%80%99-book/>. We will contact all those on our database in the coming month to see if they want any free copies.

## Boots and All Spring 2011

Men's Psychodrama Event from 30 September to 2 October 2011. 7pm Friday to 4pm

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  
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](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.  
|(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

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](mailto:simon@canmen.org.nz)



## 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 contacted on his cell phone (021 253 6297), home phone (03 337 9397) or by e-mail ([kareymeisner@gmail.com](mailto: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

**Men's Advocacy Network:** a forum for men in the community linking with political reps. First Friday every month, 11:45, 141 Hereford St. Canterbury Men's Centre | (03) 940 9487

**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 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 Kevin Muir at | (03) 389 4001 [kevin@stepahead.org.nz](mailto:kevin@stepahead.org.nz)

**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



## Prime Minister's Psychosocial Briefing for Canty

A nine page summary of the research around the anticipated psychosocial outcomes for Canterbury following the earthquakes (not that they have ended).

<http://www.pmcsa.org.nz/wp-content/uploads/2011/05/Christchurch-Earthquake-Briefing-Psychosocial-Effects-10May11.pdf>

The research indicates high-risk groups include women (especially mothers of young children), children, and people with a prior history of mental illness or poor social adjustment.

## Mensline on Facebook



Mensline runs a free weekly facilitated men's support group.

They have set up a facebook page

at: <http://www.facebook.com/pages/Mensline-The-Mens-Group/201981269836685>

For more info about the group and times see

<http://mensline.net.nz/>

## Free Workshop – The New Normal



**DEEP WELLS**

*changing lives from within since 1996*

Specialising in Self-awareness and Personal Development

[Home Page](#) | [About Us](#) | [Contact Us](#) | [Calendar](#) | [Programmes](#) | [News](#) | [Testimonials](#) | [Staff](#)

Looking

after ourselves in challenging times.

This free 16 hour workshop run by Deep Wells Trust is for adults who want to:

Learn practical tools for managing stress.

Keep building their strength and resilience.

Develop straight forward, practical problem solving skills.

Find a positive way forward for themselves and their families.

Phillipstown Course Venue: Phillipstown Community Centre, 39a Nursery Rd, Phillipstown. Phillipstown Course Dates: Fridays 6th, 13th, 20th & 27th May 2011

Linwood Course Venue: Linwood Resource Centre, 332 Linwood Avenue. Linwood Course Dates: Mondays 2nd, 9th, 16th and 23rd May 2011

Each session runs 10:00am – 2:30pm with a 30 minute lunch break. Each group will have a maximum of 12 participants. This workshop is run in partnership with Hagley Community College. Phone John on 365-3005 or text 021 0577304 for more information about this programme. Email enquiries to [admin@deepwells.co.nz](mailto:admin@deepwells.co.nz).

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 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

## National

### Men's Health Trust NZ Event in Auckland



When: Saturday 30 July 2011

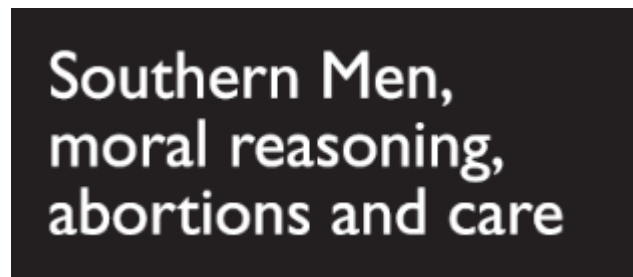
Time: 6:00pm – 12:00am

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](mailto:info@you.org.nz)  
For more information [www.you.org.nz/younight](http://www.you.org.nz/younight)

### Research into NZ Men's Experience of Abortion



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](mailto:ruth.fitzgerald@otago.ac.nz)

### North and South Covering Men



The current issue of North and South has an article "In Praise of Men" with Virginia Larson reflecting on what she likes about men in the light of the Canterbury earthquake, and wonders about her attitudes toward gender. This is followed by another article titled "The Lost Boys: After 40 years of Feminism, is it time to start worrying about men"?

Court  
processes. [canlaw.org.nz](http://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](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

**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/communi  
ty/gay-chc.php](http://gaynz.com/community/gay-chc.php)

**Koru Men's Group:** For men

# Dr. Jeff Gage:

## Men's Experiences of Infertility:

Men's experiences of infertility are described in a study in which postings to an online support group were analysed. Key themes were identified from more than 700 messages to the bulletin board. Men used the forum to express their hopes and fears. They recognised a primary role to support their partners but also perceived themselves to be marginalised from the treatment process. Implications for use of the internet to facilitate support for men experiencing sensitive health issues are discussed.

Malik, S.M., & Coulson, N. (2008). The male experience of infertility: a thematic analysis of an online infertility support group bulletin board. *Journal of Reproductive and Infant Psychology*, 26, 1, 18-30.

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)

leaving heterosexual relationships, contact the Canterbury Men's Centre. Flyer [here](#)

**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)