

# What we are about

## OUR VISION

A society where Young Men own their unique value, contribute positively, and thrive.

## OUR APPROACH

- Everything we do is about supporting Young Men.
- Professional expertise combined with lived experience.
- An environment without judgement and labels.
- Safety for Young Men to be open and honest.
- Recognition that Young Men are the experts in their own lives.

## OUR PROGRAMS

- Mentoring for 10-16 year olds.
- Counselling for 10-25 year olds.
- Education sessions for schools and other organisations.

## OUR OUTCOMES

Young Men who are Resourced, Resilient, Respectful and Responsible.

## OUR IMPACT

Young Men living fulfilling lives and making positive contributions to our community.

### RESOURCED

Recognising personal values and strengths; surrounded by trusted support networks.

### RESILIENT

Coping skills for the hard stuff; seeing challenges as opportunities to grow; willingness to seek help.

### RESPECTFUL

Consideration and care for others; openness to our diverse community; recognising emotions; dealing with conflict constructively.

### RESPONSIBLE

Ownership of choices and consequences; confidence to step forward into the next phase of life.



# From our Menslink Parents

## COUNSELLING



"A heartfelt thanks from this parent who now has a child happy to be attending school and who has managed some very difficult situations using the skills he learned from his counselling sessions. It is so important we have this help available and I will be forever grateful we got this result"

"Our son has had various styles of counselling ranging from at school to private. Nothing has really clicked for him, until he went to Menslink. All the staff are friendly, enthusiastic and encouraging. The counsellor my son is seeing, in one simple word is - AMAZING ..."

## MENTORING



"My son now has a male role model that has given him valuable guidance and friendship. The mentor was matched perfectly with my son and my son really looks forward to the catch ups and always says it's great cause he can talk to his mentor about things that I don't understand."

"The relationship between my son and his mentor is healthy, supportive, inspirational to my son and myself in how to handle situations (I need some of the male's relaxing attitudes in dealing with occasions). Thanks a lot for the reminder in how not to react with anxiety (not from his words but from his deeds)."

# From the Teachers

## EDUCATION



"The PRIDE program was extremely beneficial, Pride offers young fellas the opportunity to identify who they want to be, and how they can recognise the first steps to being the best version of that. For the young fellas who really engage, it can be life changing."

"The PRIDE Program, took our boys from a group of disconnected, cruel, cliquy children to confident, supportive individuals with a significantly improved sense of empathy and care for each other. Beautiful!"

## WHO WE SUPPORTED IN OUR COMMUNITY IN 2022-23

- **579 Young Men** through our no-cost **Counselling Service**.
- **108 Young Men** through our 2-year no-cost **Mentoring Program**.
- **9659 Young Men** through our no-cost **Education Programs**.
- **AND** all the people that those Young Men interact with - families, friends, colleagues and more ... **the ripple effect of our work is huge!**

## WHAT WE NEED FROM OUR COMMUNITY IN 2023-24

- **Dollars** to expand our programs and our reach, and to keep up with the increasing cost of doing business.
- **Good blokes** who can commit to volunteering for 2 years to mentor a Young Man.