

What's Involved?

What will my young fella do?

- *Group sessions*
 - Building communication skills, openness in sharing/understanding each others' needs.
- *Menslink Events*
 - Fun focused, deepening the pair's connection through shared experiences
- *Community catch ups*
 - We invite the pair to spend quality time together doing something they enjoy.
 - This helps to build the habit into everyday life.

What will my young fella & his mentor learn?

- Build vocabulary and confidence in communicating their needs.
- How to actively listen & ask questions which promote safe sharing.
- How to identify shared interests and engage in them regularly.
- How to build an environment that is safe for men to talk about their emotions.

If you'd like to know more about what's involved, please reach out to our Mentoring team.

Frequently Asked Questions:

What is the orientation night for Mentors?

This is an opportunity to 'set the table' and agree to the program guidelines, as mentors are key in the success of the activities and interventions we use.

It allows for space for the mentors to discuss their intention for the program, bond with other mentors and build a community, an essential part of a safe social environment moving forward.

What if I can't attend all sessions?

We really think each session is important to build a full experiential journey, if you're not sure you can attend each week, wait for a term when you can.

How can I (Mum/PG of the young fella) be involved?

This time is crucial for the mentee & mentor to have 1-1 time together, to build their own memories and form a unique relationship of their own. We would love to welcome you to be a part of week 8, the honouring ceremony, where you can reflect the changes you've seen at home!



Building connection, shoulder to shoulder.



APPLY HERE!

Questions?

Chat to the Mentoring team:

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