

Men's Wellbeing

Date: Wednesday 12 March 2025
Time: 5:30pm-8:30pm
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah, NSW 2217

In this course, men will explore some of the issues facing men today and explore ways to cope with life's challenges.

This course is for men with an interest in learning new knowledge and skills on how to look after their own wellbeing, build a sense of connection and camaraderie as well as gain confidence in supporting other men to seek help.

NB: This is designed to be a men only group

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



Photo by Zac Durant Unsplash



For more information
please contact the
Recovery & Wellbeing
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