

Men Online: Practical Tools for Everyday Challenges



Looking for useful tools and insights that matter to you?

Men Online gives you the opportunity to explore real-world topics tailored specifically for men.

In just one hour, you'll get a quick-hit, engaging session led by a facilitator who knows their stuff and keeps it real! Want to dive deeper?

Stick around for extra time for extended discussion and more strategies to move forward.

Join one session or as many as you like — it's up to you

Session 1 – Better Relationships

Want better relationships? Learn what makes them tick, how to handle everyday disagreements, fix things when they go sideways, and keep the connection strong. It's all about playing your part and making it work!

Session 2 – Men After Separation

Separation can be tough, especially when kids are involved. Learn how to handle co-parenting, manage conflict, and put your kids first. We'll cover how mediation works, what's best for the kids, and ways to avoid the high cost of family law. Plus, we'll talk about how ongoing conflict affects children and what you can do to keep things smoother.

Session 3 – Keepin' It Strong, Inside and Out

Looking after your mental health is just as important as your physical health. In this session, we'll explore what works to maintain good mental health, how to recognise when things are getting tough, and ways to support a family member facing mental health challenges. We'll also talk about the best steps to take if things get serious and where to find the right help. It's all about building stronger mental resilience and knowing how to move forward.

Session 4 – Getting Your Emotions Sorted – Stronger Families, Stronger You

We'll look at how understanding your emotions can help you take control instead of just reacting. You'll pick up some easy ways to stay calm, handle anger and anxiety, and manage those intense feelings when they come up. It's all about being more in charge of your emotions, so you can be your best for yourself and your family.

Session 5 – Men in Stepfamilies

We'll talk about the challenges and changes that come with forming and growing a stepfamily, and how kids experience it all. We'll look at stepping up and stepping back when it comes to discipline – who takes the lead? Plus, we'll discuss the dynamics of being an insider or outsider in your stepfamily, and how to keep your couple bond strong through it all.

WHO IS IT FOR:

- Men who want simple tools to handle stress and everyday challenges.
- Dads, partners, or mates who want to feel more in control.
- Men who want to improve their relationships and communication.

