

Mentoring Men - November Update

Recent Happenings

- We are seeing a record growth in the number of men engaging in the Mentoring Men program particularly men seeking mentors.
- We now have a monthly Mentoring Men update spot on HHH 100.1 community radio on the “Monday Focus” show with Greg and Adrienne:



- Another Mentor Facilitation Workshop was held on the weekend of 26/27 Oct at Lifeline Gordon:



- We continue to get some good publicity in various local publications – this item in the Monthly Chronicle came from the last Men’s Forum where Davide Di Pietro spoke on “Managing Change Through Relationship Separation”:
https://monthlychronicle.com.au/wp-content/uploads/2019/10/MC_November-2019_web.pdf?fbclid=IwAR0CVmNgbq2DtvxKZhplxUoFq8USJoRLX5BpgreOKkGAHH2XnyFA_SOJj8c#page=4

Social worker addresses separation

Local men who have experienced divorce or know of other men who have, gained thoughtful advice on how to lessen the impact of separation on the family, especially on children. Clinical social worker, Davide Di Pietro, who works for The Resilience Centre, recently spoke at a Mentoring Men “Men’s Focus” session at Fusion and addressed men on dealing with the grief that occurs with separation.

“This is an issue that affects dads,” Mr Pietro said. “Grief is a normal response to a loss of something that is dear and close to you, and for people going through separation, it’s important to have an environment of acknowledgement without judgement. Mr Pietro shared advice about helping children during times of separation.

- Reassure the child that the separation/divorce is not their fault.
- Be available to listen and ask questions that invite the child to tell you more.
- Don’t punish immature behaviour.
- Keep in regular contact.
- Try to minimise other changes such as school, sports teams, youth groups, etc.
- Praise your child.
- Use consistent rules and routines. e.g. Try to agree on what’s allowed and what’s not allowed, bedtimes, discipline strategies.
- Children need normal family time with both parents
- Keep children away from parental conflict
- Don’t criticize the child’s parent
- Don’t use the child as a message carrier between parents



- We see a lot of interest generated in Mentoring Men at the monthly TGM in Lindfield (here is MM Board member Dieter at the 20 Oct market):



- The ACNC are currently reviewing our DGR application and we expect a decision in the next 2 weeks.
- More prospective mentors attended a Lifeline Accidental Counsellor course on 23 Oct.
- We presented Mentoring Men to the new “Lighthouse for the Community” organisation (they help Dads to navigate through separation, divorce, blended families and isolation) at Narrabeen on 30 Oct.

Upcoming Events

- Fri 8 – Sun 10 Nov 2019 Kosciuszko Trek (please contact Ian for more information)



- 12 Nov – we will be pitching Mentoring Men at the Community Pitch at Roseville Golf Club to seek funds for our free program.
- 13 Nov – This month’s Men’s Forum is on “Strength Based Living” with Miles Protter pictured speaking (please contact Ian if you plan to attend):



- Tues 19 Nov – Men’s Walk and Talk (please contact Ian if you plan to attend):

Men’s Walk & Talk – Tues 19 Nov

Narrabeen Lagoon

To celebrate International Men’s Day on Tues 19 Nov Mentoring Men in conjunction with Gotcha4Life have arranged a “Men’s Walk & Talk” event at Narrabeen Lagoon. This is a great opportunity for men to walk and talk in a safe, supported environment.

Start gathering at Berry Reserve from 5 pm for a free coffee or water before we start walking the 8.4 km Narrabeen Lagoon circuit at 6 pm.

The rules for the walk are:

- Men only
- No man walks alone
- No smoking or drinking alcohol
- Dogs on leads allowed

For more Information contact Ian on 1300 583 925



- Sat 23 Nov - Jacinta Tynan will be interviewing Ian about Mentoring Men on Sky News.