

# A NIGHT WITH THE BLOKES

## OF NEWHAM MECHANICS INSTITUTE

### 6:30PM THUR 22 MAY

Join us for an engaging & impactful workshop to explore men's mental health and how we can better look after ourselves, our mates, our families and our community of Macedon Ranges, exploring what tomorrow's man might look like.

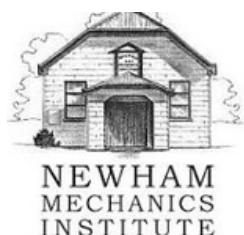
**NEWHAM MECHANICS INSTITUTE  
1292 ROCHFORD ROAD, NEWHAM, VIC, 3442**

**DOORS OPEN AT 6:00PM  
FOOD AND DRINKS PROVIDED UPON ARRIVAL**

## **REGISTER NOW**



THIS TOMORROW MAN EVENT IS PROUDLY BROUGHT TO YOU BY MACEDON RANGES SUICIDE PREVENTION ACTION GROUP, NEWHAM MECHANICS INSTITUTE COMMITTEE AND MURRAY PHN





**I NOW SEE THE VALUE IN CONNECTIONS WITH PEOPLE AND SPEAKING UP. TO BE IN THE PRESENCE OF A GROUP OF MEN AND FEEL SUPPORTED WAS AWESOME. THE HUMILITY AND HONESTY THESE BLOKES POSSESS IS AMAZING.**

- Bokes Night Participant

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