

A BLOKE TO TALK THINGS THROUGH.

FREE / ONE-TO-ONE / MEN 18+

**You bring your experience.
He brings his. Start there.**

Life changes. You might be weighing up a decision, finding your feet or working towards something that matters to you. A mentor gives you space to talk it through.



SOMEONE TO GET TO KNOW

Your mentor is a trained volunteer. He listens, brings perspective from his own life and helps you think about your next steps. You choose what you want to work on.

YOU DON'T NEED A POLISHED GOAL

Being willing to get to know someone and explore what you'd like from mentorship is a place to start. Mentorship is goal-focused and timebound, with an ending you and your mentor agree. It isn't an ongoing friendship or companionship service.

A CONVERSATION WITH ROOM FOR YOU

You might catch up over a coffee or a walk, or talk by phone or video. Our team talks with you about your goals, preferences and what's possible.

SUPPORT ALONGSIDE YOUR OTHER SUPPORT

Mentoring is not counselling, treatment or crisis care. It can sit alongside care you already receive. It is not a domestic violence intervention or a men's behaviour change program.

WHAT HAPPENS NEXT?

Explore mentoring on our website, or call us. If you apply, our team will discuss your needs and readiness, explain availability and talk through matching. Applying doesn't guarantee an immediate match.

mentoringmen.org.au

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