

Men's & Dad's Services

Local information and details for the Lismore area

Mens Programs & Services

Men & Family Centre

The Men & Family Centre is a community based non-government organisation which aims to support and cooperate with men to create respectful relationships free from violence and abuse, and encourage men's involvement in building healthy communities. Programs include: Fathering groups, groups for men wanting to modify their behaviour, counselling and groups for men and women who have experienced violence or abuse, or are dealing with grief and loss

1 Club Lane, Lismore
02 6622 6116
events@menandfamily.org.au

Brighter Futures

Men in the Brighter Futures program receive ongoing case management support. Options include home visiting, parenting programs and quality children's services for families who have children aged eight years or younger and who face specific difficulties. eg, domestic violence, parental drug and alcohol abuse, parental mental health issues, lack of extended family or social support or lack of parenting skills.

02 6682 4334 (Admin)
02 6684 6720 (Program)

Connecting Home

Connecting Home is an early intervention and prevention service which engages people prior to crisis to ensure people stay housed. It also provides crisis response through emergency short-term accommodation in collaboration with Housing NSW and the state-wide Link2Home Service

Social Futures (02) 6620 1800
contact@socialfutures.org.au

MEND - Men Exploring New Directions

MEND is a group for men who suspect that they are hurting or frightening the people they love and want to stop. Abuse and violence are not just physical. They can also be verbal, emotional, psychological and sexual. MEND can assist you in making your time with your partner and children fulfilling. It runs all year, once a week in 15 week cycles. MEND groups discuss: the consequences of abusive controlling behaviour; how to take responsibility for change; managing anger, and understanding and managing feelings.

Men and Family Centre 1 Club Lane
02 6622 6116

Lismore Men and Community Shed

The Lismore Men and Community Shed is an outreach project promoting the health and wellbeing of all men in the community. It operates at the Lismore show grounds on Thursdays between 9am and 2pm in the rooms below the grandstand. The Shed offers a place for people to meet, to network, to make friends and to mentor each other. There is also a fully equipped workshop with tools and materials allowing participants to tackle a range of diverse projects in wood or metal.

Men and Family Centre Mens Shed Lismore
Showgrounds 02 6622 6116

Dads and Kids Playgroup

A playgroup just for men run by the Men and Family Centre. So, if you are a father, grandfather, uncle, brother, or male carer for a preschooler then you can join the playgroup. It is the only playgroup in the Northern Rivers that is just for blokes. The preschooler playgroup is held in South Lismore each Monday morning.

Men and Family Centre 1 Club Lane
02 6622 6116

Mens Referral & Advice

How is Dad Going

This website provides dads with access to information and resources. You might need some extra support if you or your partner are struggling with mental health issues in the perinatal period - the time leading up to and after having a baby. Or you might just want to find out more about being a dad. The website has information, and short videos of other fathers chatting about their experiences and providing tips in helping you through this time.

**www.howisdadgoing.org.
au info@panda.org.au 1300 726 306**

Dads In Distress Support Services

Offers peer support that aims to provide help and hope for separated dads and their families. You can talk with someone who has personally experienced separation and discover what it might take for you to get through it. They can also support you get connected to a specific service or website; explain the processes you are likely to encounter; provide some information or resource; or just listen intently as you process your situation by speaking it out aloud. Note: when you call there may not be someone to answer your call straight away, but you can leave your number and somebody will call you back

**1300853437 or 0266528113
enquiries@dadsindistress.asn.au
www.dadsindistress.asn.au**

MensLine Australia

MensLine offers 24/7 counseling support and information service for men. If you're having separation issues, relationship problems, or having trouble controlling your temper, MensLine can help. If you are isolated, either geographically or financially, Mensline can offer you a call back service of up to 6 sessions.

1300789978 www.mensline.org.au

Men's Referral Service

The Men's Referral Service provides anonymous and confidential telephone counselling, information and referrals to men to help them take action to stop using violent and controlling behaviour.

mrs.org.au 1300766491
