


The MENTors Project  
is about men  
supporting each other

Contact Coffs Harbour  
Neighbourhood Centre  
for an appointment  
on 6648 3694

Coffs Harbour  
Neighbourhood Centre is open  
9.00 am to 4.00 pm  
Monday to Friday  
at the Community Village  
22 Earl Street  
P.O. Box 1257  
Coffs Harbour NSW 2450

For more information  
please contact John Mandile

 6648 3694

 [coffsmentors@gmail.com](mailto:coffsmentors@gmail.com)

 [mentorsformen.com.au](http://mentorsformen.com.au)

 MENTorsForMen

*Linking men to  
services  
to meet  
their needs*



*MENTors for men*  
[www.mentorsformen.com.au](http://www.mentorsformen.com.au)

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Email: [coffsmentors@gmail.com](mailto:coffsmentors@gmail.com)

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Neighbourhood Centre  
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*MENTors for Men*



*Increased  
Opportunities to  
Engage in Life*

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MEN supporting MEN*

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## **The MENTors project**

The MENTors project is specifically for men and is designed to increase opportunities to engage in health and well being services and activities in our community.

We provide free support and referral services to enable men to voluntarily participate in fulfilling and challenging activities of their choice.

We also provide new opportunities for men from varied backgrounds to share their skills, knowledge and experience, building a rich culture of men supporting men.

The project will provide specific information about men's activities in the community.

## **Benefits of the MENTors Program**

### **Increased Opportunities To Engage in Life**

The MENTors project is for all men over 16 years who would like to engage in meaningful and challenging community activities.

The MENTors project is about matching a person's interests, abilities and experience to an activity of their choice including:

**Health and well being activities**

**Employment/Education**

**Counselling**

**Sport and Recreational activities**

**General Volunteering**

**Personal Development**

**Mentoring**

**Open Forums, Sharing Stories**

**Q and A Sessions**

**Many other Community and**

**Social Activities**

Referrals are welcome from individuals, services and community groups

The MENTors Project offers Direction, Support and Guidance to all men in rapidly changing and turbulent environments.

Input from women and their organisations is both welcomed and appreciated.

The MENTors project is auspiced by the Coffs Harbour Neighbourhood Centre, which is a non profit community organisation, and is part of their social inclusion program.

The services are completely confidential and independent of political and religious affiliations.

### **MENTors for Men**

**Contact MENTors at Coffs Harbour Neighbourhood Centre 6648 3694 for an appointment**

