

An innovative and timely opportunity for men.

Fellas Like to Talk

on the 7th, 14th, and 21st December and on the 4th and 11th January.

The class will be conducted using Zoom and free of charge

An opportunity for men to take time out together to explore and enjoy a wide range of topics. All members will be encouraged but not obliged to contribute, within a respectful and inclusive framework. Just bring an open mind.

Please email with name and phone number to:

John Beaney on ozebeanz@gmail.com or

Paddy Spruce on paddy@paddyspruce.com.au

The class will evolve and develop as we choose.

We will have to limit numbers. Book early to avoid disappointment

Dr John Beaney is a retired local medical practitioner trained in psychological interventions

Paddy Spruce is an internationally recognised motivational and mindfulness trainer