The Regional Men’s Health Initiative delivered by Wheatbelt Men’s Health (Inc.) is proudly supported by Royalties for Regions.

...before it all gets too much...
Talk to a Mate!!

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WARRIOR EDUCATION SESSIONS
Working with Warriors

...empowering men and communities to take responsibility for their wellbeing and health...

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Warrior Education Sessions

Working with Warriors is a series of educational sessions that aim to equip everyone with knowledge to better understand some of the logic that underpins masculine behaviour and why males are sometimes a danger to themselves and others.

1. Wellbeing Tips
   (Booklet No.1)
   Looks at a variety of issues including physical, mental and social/spiritual aspects of our wellbeing and health. A light-hearted session identifying some of the things men do, or don’t do! Also includes important tools and tips to help get the balance right.
   Wellbeing Tips can also be broken up into three individual sessions:

   1.1 Physical Health and Wellbeing
   Talks about eating, neglect, and abuse disorders and includes tips for making a change.

   1.2 Distress and Why Mental Health and Wellbeing Matters
   (Shockies Sheet)
   Talks about distress (situational distress) the dangers of distress, managing distress and caring for ourselves and others.

   1.3 Social/Spiritual Wellbeing
   Talks about the many important aspects that can define a man’s life and the stages blokes go through in discovering themselves and their identity. There is more to us than just our job!

2. Looking After Your Mates
   (... are you okay??)
   (Booklet No. 2)
   Focuses on finding out more about how you can effectively support your mates and community, particularly those who may be struggling with life events and in a state of “distress”. When we consider that 80% of Australian suicides are men, it is important to develop an understanding of risks in our own lives and others.

3. Communication
   (Booklet No. 3)
   Delivers some hard-hitting facts with a degree of humour. It also encourages understanding of the need to “listen and be heard” in all relationships. Sometimes we are guilty of misunderstanding someone of the opposite sex.

4. Progression Planning
   (Booklet No. 4)
   Focuses on the importance of retaining family relationships in the farm succession process by looking at “people issues” before dealing with the financial and business aspects.

5. Risk Taking
   (DVD – Making Their Mark)
   Looks at why we should consider “consequences” before taking risks. “Risky Behaviour” is it normal for males? Encourages taking personal responsibility to stay safe through work and day to day life.

6. Men’s Sexual Wellbeing
   Looks at both the physical bits of our reproductive anatomy and the psychosocial aspects which can affect our wellbeing as we age. It is not just about being sexually active, it’s about all the bits that make us a man.

7. Working Safely
   Talks about safety being my responsibility, what often leads to accidents and what we can do that matters.

8. Mentoring Boys
   Looks at the definition of wellbeing, bullying, risk taking, adolescent behaviour and why we all need mentors.

9. Parenting Talks

   9.1 New Dads – Antenatal
   Talks about whose baby is this. What is my role as a dad? What can I do to help and look after myself?

   9.2 Father & Son
   Talks about aspects of masculinity. What do you know about your dad? And why we all need mentors.

All talks can be moulded to suit target audience. Contact our Office for further information and fact sheets.