



# PRESS RELEASE

## **Men Offered Specialised Training “SKILLED MATES” is coming to Casino!**

Most men have experienced difficulties in their lives. Many have realised how important it is to have some sort of support or encouragement to find their way through. Skilled Mates is an innovative program aimed at assisting men to be better communicators and resource links within their own networks of mates.

The Men & Family Centre in Lismore announced today that the highly successful Skilled Mates program will be coming to Casino in February. Stuart Anderson, Centre Manager, said “the *Skilled Mates* program is an exciting initiative of the Centre and will see local men provided with a training opportunity aimed at increasing communication and conflict resolution skills and knowledge about domestic and family violence”. He further stated that the program has the underlying aim of improving the community’s response to situations of violence by training men to work within their own networks to raise awareness and to provide appropriate referrals.

The course will be facilitated by Bill Taylor, Coordinator, Mobile Men’s Shed and Ron Davis, Coordinator, Mensline Northern Rivers. Bill and Ron both state that “men who participate in the type of training being offered, benefit in many ways including building their own self-esteem and learning how to help and support other men who are facing the issues of changing roles and expectations”.

The Mobile Men’s Shed is a mobile outreach service providing information and referral services to men and their families. Bill said “the Shed is a visible outlet that men and their families can visit and have a chat about a whole range of issues affecting them”.

The Northern Rivers Mensline service has been operating since 1994. Ron said “the service provides an important community resource, especially for men who need to reach out for assistance outside the working hours of most services”. Mensline operates 7 days a week from 7pm to 11pm on 6622 2240.

Both the Shed and Mensline are currently looking for sponsorship from individuals or businesses who would like to make an investment into these two valuable community assets for men and their families.

### **Further Information:**

Stuart Anderson	Manager	6622 6116
Bill Taylor	Coordinator	6622 6116
Ron Davis	Coordinator	6622 6116 or 0434 576 218