

MEN OF HOPE

Get in - Get Healthy & Strong - Get Going

About Men of Hope

Experience the joy of life by becoming a part of Men of Hope, a cost-free social group specifically designed for men to regularly connect with one another, engage in fun activities, and enjoy social meet-ups.

Established in July 2016, Men of Hope (MoH) is a social network that provides men experiencing challenges with their mental health with opportunities to regularly connect with each other in an informal and safe setting, both in person and online. MoH is co-designed by participants for participants.

The Men of Hope men's support group, delivered by Black Swan Health has earned recognition for exceptional accomplishments in injury recovery in the Injury Matters Awards of 2021. Additionally, the Men of Hope program was a finalist in the WA Men's Wellbeing Awards 2024.

Join us at our next meeting and become part of a supportive and vibrant community!

Contact us today

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"Men of Hope is a good place to ground yourself. I find it is a place where I can give - it is fulfilling.

*It gives me perspective having the guys to confide in."
- Anonymous*

Our Activities

- Cooking Group
- Music Group
- Walking Group
- Blokes' Afternoons



About Black Swan Health

Black Swan Health is an independent, for-purpose organisation delivering high-quality primary care and mental health services that support positive community wellbeing. We are a trusted leader in healthcare and disability supports, driven by a highly qualified, client-focused team committed to achieving the best possible health, mental health and social outcomes for the people we serve.

Northern Suburbs	Time & Location	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cooking Group Socialise, improve your cooking skills and share a meal with friends. Our experienced cook will make sure you feel welcome.	Fridays 2pm to 4pm 145 Main Street Osborne Park (free parking)	16, 30	13, 27	13, 27	10, 24	8, 22	5, 19	3, 17, 21	14, 28	11, 25	9, 23	5, 20	4, 18
Blokes' Afternoons Join us for a cuppa and a chat. Enjoy an afternoon playing games and doing crafts	Fridays 2pm to 4pm 145 Main Street Osborne Park (free parking)	23	6, 20	6, 20	17	1, 15, 29	12, 26	10, 24	7, 21	4, 18	2, 16, 30	13, 27	11
Music Group When jamming, karaoke or just enjoying listening to music rocks your world, our weekly Music Groups could be for you.	Tuesdays 2pm to 4pm 145 Main Street Osborne Park (free parking)	Every Tuesday afternoon											
Walking Group For those who enjoy the outdoors, join our walking group and explore the beautiful coastline at North Beach	Tuesdays 8am - 10am 251 W Coast Dr North Beach Salt & Oak Cafe (parking at back)	Every Tuesday morning											

Southern Suburbs	Time & Location	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cooking Group Socialise, improve your cooking skills and share a meal with friends. Our experienced cook will make sure you feel welcome.	Mondays 2pm to 4pm 1 Coomoora Rd Mount Pleasant (free parking)	12, 19	2, 9, 16, 23	9, 16, 23, 30	13, 20, 27	4, 11, 18, 25	8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21
Blokes' Afternoons Join us for a cuppa and a chat. Enjoy an afternoon playing games and doing crafts	Wednesdays 2pm to 4pm Coomoora Rd Mount Pleasant (free parking)	14, 28	11, 25	11, 25	8, 22	6, 20	3, 17	1, 15, 29	12, 26	9, 23	7, 21	4, 18	2, 16