

# Mackay Men's News

## Relationships Australia

October 2014

### Men's Breakfast



Saturday 4th  
October  
7:30am  
Iona West  
Hall 7 Brooks  
St - West  
Mackay.

The Men's  
Shed will be  
open after-  
wards from  
9:00am to  
1pm.



I've had a hard life, but my hardships are nothing against the hardships that my father went through in order to get me to where I started. [Bartrand Hubbard](#)

### Volunteering Opportunity

Volunteering Opportunities are available at Lifeline Mackay in Creek Street North Mackay.



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Typically people are needed to sort books, sort clothing and other goods.

For more detail contact ;

Lifeline at the Creek Street Warehouse or call Lyn Lewis 0417 794 447

### Toolbox Breakfast

Venue:

**BLACKWOODS,  
69-79 Diesel Dr  
Paget, Mackay**

Date & Time:

**7am to 11am  
Friday 10th October 2014.**

**Free Bacon &  
Egg Roll**

**Free Xpresso  
Coffee Van.**

**As part of Mental Health Week, Mackay Regional Mental Health Network invites workers to stop by for breakfast and a chat about the importance of mental health and well-being in the workplace.**



*30% of men describe their relationship with their fathers as distant.*

*Another 30% say the relationship is cactus.*

*30% of men say their relationship with their father is dutiful.*

*Sadly only 10% of men say they have a close relationship with their fathers.*

*The key to improving these relationships lies in putting aside our expectations and appreciating what we have got.*

*(Biddulph 2011)*

*For information on the contents of this flyer contact;*

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