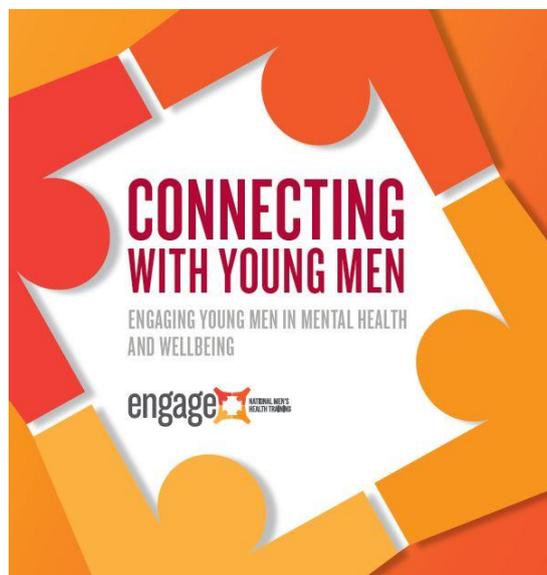


**'Are young men not interested in looking after their own health, or are we simply not offering them the right things in the right way? ...'**

If you work in the Republic of Ireland, are curious about the answer to this question, and would like practical ideas to help your organisation to engage more effectively with young men, then you might be interested in a free one day workshop on ...



This workshop has been developed by the Men's Health Forum in Ireland (MHFI), and is a new Unit within the highly successful 'Engage' National Men's Health Training Programme. It has been funded by the HSE's National Office for Suicide Prevention. **MHFI is, currently, looking for groups (and individuals) who would like to host this free workshop for their staff / volunteers / activists.**

Do you have a group of staff who would be interested in availing of this opportunity? Could you gather together a group of your network colleagues who would be keen to explore this area? Is your men's group / Men's Shed thinking about how to increase the involvement of young men? Are you an individual worker who would like to come together with others to tease out the potential for connecting more effectively with young men? ...

If 'yes', read on. There is a team of trainers from all parts of the Republic of Ireland who are keen to deliver this workshop up until the end of January 2016. However, we only have a limited capacity to do this - so get in early!

## Background to Workshop

From March 2011 to October 2012, the Men's Health Forum in Ireland (MHFI) coordinated an all-island action learning project which sought to identify a range of possible means to promote positive mental health among young men. The final report ([www.mhfi.org/ymspfullreport.pdf](http://www.mhfi.org/ymspfullreport.pdf)) made twelve key proposals. Recommendation 10 outlined the need to develop a training programme for frontline staff on how to effectively engage with young men.

## Workshop Content

The content / format of this workshop is based upon follow-up research which MHFI conducted to identify the training needs of a wide variety of organisations, how the training might be delivered, and the content of the package (see: [www.mhfi.org/EYMPmappingreport.pdf](http://www.mhfi.org/EYMPmappingreport.pdf)). Since then, MHFI has worked with the authors of the 'Engage: National Men's Health Training Programme' to develop materials for a new workshop which looks, specifically, at connecting with young men.

## Aim of Workshop

The aim of this workshop is to assist a broad range of practitioners to effectively connect with young men on mental health and wellbeing issues. It focuses on the engagement process (i.e. WHY and HOW to build relationships with young men), rather than offering a new mental health programme (i.e. what to offer them). This is because workers who have had success in engaging young men say that if you can get the 'why' and the 'how' right, anything is possible.

## Objectives for Workshop

The key objectives for this workshop are to ...

- Demonstrate why we need to work with young men as a specific group.
- Help participants to reflect on their own value base, experience, attitudes towards, and expectations of young men.
- Explore the world of young men, the issues that they face, and the opportunities that exist to engage with them.
- Consider the practicalities of 'what works'.
- Increase the confidence of participants in relation to working with young men.

## Who Should Attend?

This workshop will be of interest to a broad range of service providers and practitioners who wish to connect in more meaningful ways with young men.

## Facilitators

The workshops are co-delivered by at least two facilitators who have successfully completed the Engage National Men's Health Programme's Training for Trainers course.

## Cost

The 'Connecting with Young Men' workshop is free for all participants.

## Further Information

To arrange a workshop, or to obtain further information, please contact:

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