



## About COTA Victoria

### Our vision

A just, equitable and humane society in which the human rights of older people are respected.

### Our mission

To advocate for, resource and mobilise older people to create an age-friendly Victoria.

## Become a member

Belong, benefit and be heard by joining COTA Victoria. Visit our website or contact us to find out more.

### COTA Victoria

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# OM:NI

## MEN'S DISCUSSION GROUPS

## Older men taking control of their lives



**COTA**   
For older Australians

# OM:NI

(older men: new ideas)

Men's discussion groups are an informal, social environment where older men can enjoy the company of other older men.



## Men's discussion groups

OM:NI men's discussion groups are a place for older men to meet other older men for mateship, friendship and belonging. They share their experiences and wisdom, talking about joys, sorrows, hopes and achievements in a non-judgemental environment. The groups build self esteem, health and wellbeing.

### Who is it for?

OM:NI is for all men over 50.

### How are meetings run?

OM:NI men's discussion groups are informal sessions led by a facilitator within the group. The sessions are always interesting, informative and fun.

### What does it cost?

Come along to try out OM:NI – your first meeting is free. After that, you pay a small fee to cover the costs of the venue and refreshments.

### How do I join?

To find an OM:NI group in your area, call COTA on 1300 13 50 90, or email [askcota@cotavic.org.au](mailto:askcota@cotavic.org.au)



## What men are saying

'We have a good laugh and vent a little steam.'

'We chat about ordinary day-to-day things and we entertain and encourage each other by sharing our individual outlook on life.'

'This is an opportunity to explore topics you would never normally think about or talk to others about.'