

MEN with SPIRIT

MEN HELPING MEN GROW

Men with Spirit men's groups are a supportive and safe place for men to learn to express openly and make real connections with other men.

We believe when men are open to understand how their beliefs have prevented them from fully expressing who they truly are, they will be ready to experience greater harmony, contentment and love in their life.

MEETINGS HELD IN
FRANKSTON, MORNINGTON & SOUTH GIPPSLAND



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**SCAN TO
LEARN
MORE**

CONFIDENTIAL | NON JUDGEMENTAL | OPEN TO ALL AGES

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STEVE ANGEL 0418 143 969

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facebook.com/menwithspirit



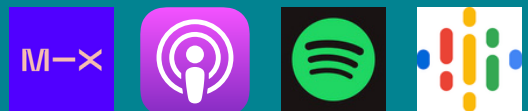
radio show

WITH
PETER ANTHONY
& STEVE ANGEL

Join us on internet community radio station, Radio Carrum as we explore what it means to be a modern man and to live a spirited life. To get out of your head, and to feel more from your heart.

Steve Angel, Peter Anthony and our guests discuss topics of substance, play some insightful music, and have some fun! Listen in ... for something different.

Listen on your favourite platform



Check in with yourself.

The **free** MiOK app offers simple, non-intrusive, and personalised support to help you maintain good emotional health and wellbeing.

Download the app on your phone. When prompted for the MiOK Men with Spirit Participant ID code, enter MWS44330YF ... and you're all set to go!



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