



Restart the journey

To be a great dad, respectful uncle & proud grandfather

A 20-week program of reflection, action and growth for Men from the Indian Subcontinent

Let's celebrate, learn and grow together

Join our culturally appropriate men's program Mates 4 Mates.

Contact

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SydWest
MULTICULTURAL SERVICES

Date
Early August 2025

Time
5.30pm to 7.30pm

Venue
SydWest Multicultural
Services
Blacktown

sydwestms.org.au

Live a better life in Western Sydney