

COTA's vision

A just, equitable and humane society in which older people are able to age with dignity and purpose.

COTA's mission

To resource and mobilise older people and shape a society that enables people to age well.

COTA empowers older people to make informed decisions and choices and enables them to influence society, with a focus on social inclusion and participation, positive ageing and human rights. We also aim to promote social change by changing government policy and priorities.



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OM:NI Men's Discussion Groups

***To empower older
men to take greater
control of their lives***

OM:NI Men's Discussion Groups are developed and facilitated by leaders from Council on the Ageing Victoria (COTA). Meetings are

interesting, informative and fun.

The first meeting is free and thereafter only a small fee is charged to cover the cost of venue hire and refreshments.



Phone 9654 4443

Men's Discussion Groups

**Men's Discussion
Groups are a pathway
through which older
men can enjoy
the company of like
minded men.**



Men's Discussion Groups are:

- Older men meeting other older men
- About mateship, making friends and belonging
- A place where men share joys, sorrows, hopes and achievements
- A place where men can build their self esteem and be respected
- A group to speak in a non-judgemental way
- About men's health and well being.

Men's Discussion Groups hope to:

- Improve the overall health of older men
- Support and help develop more meaningful friendships
- Share the experiences, knowledge and wisdom of other older men.

What Men say about the Discussion Groups:

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

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