menALIVE

GROWING GOOD MEN

Father & Teenage Son Weekend Experience

5–7 DECEMBER 2025
THE TOPS CONFERENCE CENTRE

GROWING GOOD MEN is an experientially-based program which encourages and enables fathers and sons to strengthen their relationship and to explore important issues of growing into manhood. It is designed for fathers and their adolescent sons aged 12 to 17 years (school years between 7 and 11).

Please take a flyer for more info

This *Growing Good Men* weekend is held in partnership with the Catholic Diocese of Wollongong.

CATHOLIC DIOCESE OF WOLLONGONG

menALIVE

Register at:
menalive.dow.org.au

What is the question that haunts every man?

Every man needs to receive a “blessing,” as Gary Smalley writes, from his father. He needs to hear with his ears, see with his eyes and believe in his heart, that the person who he is, is good enough in his father’s eyes. Every boy wants his father to give him a sense of male acceptance, affirmation and affection. Boys who don’t receive this from their fathers can spend decades trying to prove to themselves and to others that their actions, accomplishments and characters are worthy of their father’s approval.

How does a boy learn to become a man?

Every boy dreams of being a hero and making a difference in his world. But what happens to these dreams? How does he come to understand his masculinity? Who will form him, who will lead him, who will inspire him, who will release him into the world of men? His father. This is a big challenge and a very difficult job; one that cannot be done alone.

How do we raise good men?

How do we produce men that are alive, real and courageous; who know their purpose and meaning, who aren’t afraid of the adventure, who long for the quest, who will fight for truth.

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Who are menAlive?

menALIVE is a national Catholic ministry to men which was founded out of a response to a great need in the hearts and lives of men and a great need in the life of the Catholic Church.

The purpose of menALIVE is to bring men together, to renew their faith in God and to encourage them to become an active force within the Church.

Through a variety of events and programs, men are invited to explore what God would want for their lives and how they might come to experience the fullness of life that God wants for us all.

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GROWING GOOD MEN

A weekend experience for fathers and their teenage sons.

GROWING GOOD MEN is an experientially-based program which encourages and enables fathers and sons to strengthen their relationship and to explore important issues of growing into manhood. It is designed for fathers and their adolescent sons aged 12 to 17 years (school years between 7 and 11).

The weekend experience explores:

- The importance of the father and son bond for both generations
- The journey of adolescence
- Becoming a man
- Dealing with anger
- Friendship with girls and women
- The quest for identity
- Rite of Passage

Set over a weekend, the program involves: short keynote sessions, small group and father/son sharing, a wide range of challenging and engaging activities (which may include high ropes courses or similar adventure activities), reflection and prayer. The centrepiece of the program is a Rite of Passage on Saturday night. The weekend concludes with a Father's Blessing and commissioning.

WHEN

5–7 DECEMBER 2025

Starts 6:30pm on Friday (5 Dec)
Ends 1:30pm Sunday (7 Dec)

Please ensure you have had your evening meal before arriving on Friday and we will make sure you're home in time for your evening meal on Sunday.

WHERE

THE TOPS CONFERENCE CENTRE
51 Bendena Gardens, Stanwell Tops NSW

COST

$500 per father and son pair.

Includes two nights accommodation and meals, plus adventure activities.

REGISTER

menalive.dow.org.au
(by 1 December 2025)

ENQUIRIES

Helen Bennett
(02) 4222 2403
helen.bennett@dow.org.au

Please note: If you are unable to attend with your father, you may choose to come with another significant male person over the age of 18. In this situation, we would need a letter of consent from a parent/guardian. Should your situation not fit the two options mentioned and you still wish to attend please call us.

REGISTRATION FORM

Register and pay online at **menalive.dow.org.au**. Please complete the form below if you are unable to register online:

FATHER / GUARDIAN

FIRST NAME ..... SURNAME .....

PHONE .....

EMAIL .....

ADDRESS .....

SPECIAL DIETARY REQUIREMENTS .....

SON

FIRST NAME ..... SURNAME .....

AGE ..... SPECIAL DIETARY REQUIREMENTS .....

COST: $500 (PER FATHER & SON PAIR)

Includes two nights accommodation, adventure activities, all meals and snacks (from breakfast Saturday to and including lunch on Sunday).

☐ I wish to pay by **Visa/Mastercard** over the phone (you will be contacted by phone for details)

If not registering online, return this form to:
Helen Bennett, PO Box 1239, Wollongong NSW 2500

or **scan and email to** helen.bennett@dow.org.au

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