

Lots of things worry us older blokes:

(We don't really like to talk about them, but it does help.)

- ☹ Retirement not what you thought?
- ☹ Feeling lonely?
- ☹ Are you struggling caring for another?
- ☹ Depressed or feeling anxious?
- ☹ Lost your partner?
- ☹ Lost mobility?
- ☹ Lost your independence?
- ☹ Made redundant?
- ☹ Loss of your networks?
- ☹ A new town and no friends?
- ☹ A lack of purpose?
- ☹ Life seems not worthwhile?

Nothing is too small
or too big
to talk about.

The TOMNET Centre

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Open:

Monday - Thursday 9:00am - 4:00pm
Friday 9:00am - 3:00pm

www.tomnet.org.au

For additional **after hours** community support, call:

Lifeline 13 11 14

Supported by:



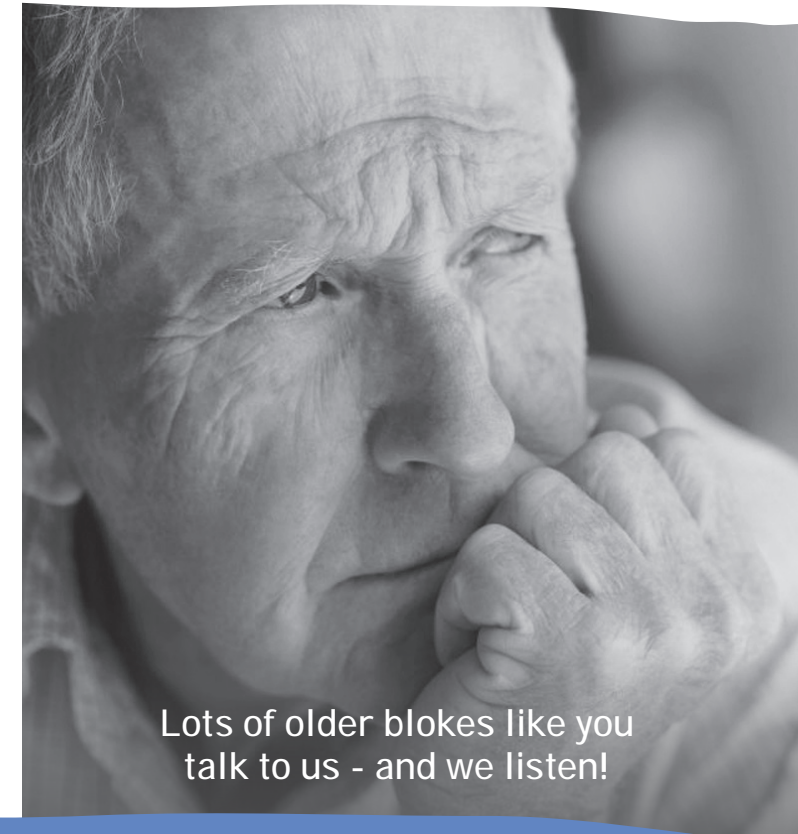
Australian Government
Department of Health and Ageing



QUEENSLAND
GOVERNMENT

ARE YOU DOING IT TOUGH?

No-one seems to care
or understand?



Lots of older blokes like you
talk to us - and we listen!

mateship
well-being
support

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