

Ready to Make a Change?

Many men struggle with retirement. **You are not alone.**

We provide you with practical tools and materials to overcome the struggle of retirement.

FREE, CONFIDENTIAL SESSIONS, TAILORED TO YOUR NEEDS!

- **Retirement** - we discuss your experiences and expectations.
- **Practical ways** to make your retirement a positive time.
- **Link** to other men enjoying retirement.

RETIRED BLOKES PROGRAM

Men 50+

Up to 12 face-to-face sessions

Call us to find out more



VISIT US

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www.tomnet.org.au

Mon - Thurs | 8.30 a.m. to 4.00 p.m.