ABOUT RISE

Blokes looking out for each other.

RISE is a men's group at Northern Communities of Hope. We meet to talk honestly about life, faith and the things men carry.

Fortnightly discussion

Every second Monday in school terms, at Elizabeth Downs. Call Nigel, Paul or Adam for the address.

Social days out

Like this one. Come along to the park, meet the blokes and see what RISE is about.

QUESTIONS?

CALL NIGEL

0448 565 221

CALL PAUL

0426 813 552

CALL ADAM

0435 796 905

Need to talk to someone right now?

Lifeline 13 11 14

MensLine Australia 1300 78 99 78

NCOH Northern Communities of Hope

A ministry of Northern Communities of Hope

RISE

RESTORED · INSPIRED
STRENGTHENED · ENCOURAGED

Men's Day Out

Saturday 28 November
11:30am

Duck pond, Fremont Park

WHEN AND WHERE

Lunch at the park.

DATE

Saturday 28 November

TIME

11:30am

WHERE

Duck pond, Fremont Park

WHAT TO BRING

Just two things.

- **A chair**
- **A drink**

And a mate, if you can. Everyone is welcome.

WE PROVIDE

A sausage sizzle lunch.

- Sausages
- Bread
- Salad
- Onions