

INTERNATIONAL MENS DAY



International Men's Day (IMD)* is an opportunity for people everywhere of goodwill to appreciate and celebrate the men in their lives and the contribution they make to society for the greater good of all. Want to hear our take? [Read it here.](#)

*According to www.internationalmensday.com



November 19th

This year's theme: Helping Men & Boys

WHO CAN WE SUPPORT ON IMD?

Next Gen Men

A nonprofit committed to a future where boys & men feel less pain, and cause less harm by changing the way we see, act, and think about masculinity among youth, in communities, and within workplaces. Follow: [@nextgenmen](#)

DUDES Club

DUDES Club provides space to facilitate a participant-led community for men's health and wellness. We do this through different events prioritizing supportive relationships, engagement in health care, and Indigenous world views. Follow: [@dudesclubsociety](#)

Movember

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men. Follow: [@movember](#)

Men &

An online resource that offers trusted, accessible support, information and resources for the complex mental and relational health challenges men face for a future where boys' and men's emotional, mental, and relational wellbeing is bravely supported. Follow: [@menandeverything](#)