



**MEN'S SHEDS**  
EDMONTON

**GOOD THINGS  
HAPPEN  
WHEN WE  
GET TOGETHER.**

**Become a Shedder today.**

# Story Tellers

- **Punch Jackson – Men’s Shed Association of Edmonton**
- **Wayne Warner – Cold Lake Men’s Shed**
- **Brian Christianson – Downtown Edmonton Men’s Shed**
- **Merv Graham – Calgary Men’s Sheds**
- **Amanda Harriman Gojtan – Sage Seniors Association**
- **Michael Hoyt – City of Edmonton**

# What is a Men's Shed

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•The simplest description is that a Men's Shed is a **SAFE PLACE** for men to connect with other men.

It could be in a Church, the public library, a vacant mall space, a garage, a historic building, a Seniors residence, a space where men can be creative....

**Men need to associate with other men in a safe space, that's what the Shed does for us.**



# Why do Men Join Men's Sheds?

- Men with time on their hands
- 18 – 101 years of age
- Lost their social network when they retired
- Bored with retirement
- Wives are tired of having them hanging around the house
- Could be New to town need to find guys with similar interests
- Could be suffering in silence
- Had to give up their workshop when they moved
- Grieving the loss of their partner
- A doctor, social worker, a friend or relative may have suggested Sheds.
- Lonely, no reason to get up in the morning

# What Do Men Do at Men's Sheds

## Always Giving Back To The Community

It could be as simple as a cribbage board or a puzzle table or as complex as a fully equipped woodworking shop.

Carve walking sticks (Winnipeg), make Comfort Birds like Cold Lake.

It could involve mentoring young men or high school kids

It could be connecting to elementary school aged kids with community history or pen pal letters

It could be supporting men with dementia

Refinishing furniture like Vanderhoof BC

Making Personal Protective Devices like the do in Arnprior

It could be rebuilding computers for online learning for school kids or teaching old guys how to email their grand kids or learn how to use a smart phone more effectively.

It could be supporting a women's shelter with raised flower beds or a new gazebo

Building picnic tables, park benches, using 3D printers or laser cutters to create letters for signs

Build Tiny Library Boxes for communities like they do in Camrose or repair bikes like they do in Calgary.

*comfort bird*

Each comfort bird is handmade with love to fit in the palm of your hand. Rub the bird when you are feeling worried or anxious to bring peace, calm, and comfort!

Made with love by











MAN CAVE







agefriendly  
YOUR LAKE



# FIRST EVER COLD LAKE

## ICE FISHING TOURNAMENT

CFE 599733

In support of Cold Lake Men's Shed

February 12, 13, 14, 2021



Evergreen Birch Lodge



Emma's







COLD LAKE  
MENS SHED



socialize - share - create

WISDOM

EQUALITY

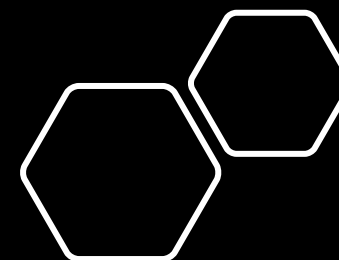
LEARNING

COMMUNITY

OUTREACH

MENTORING

EXPERIENCE



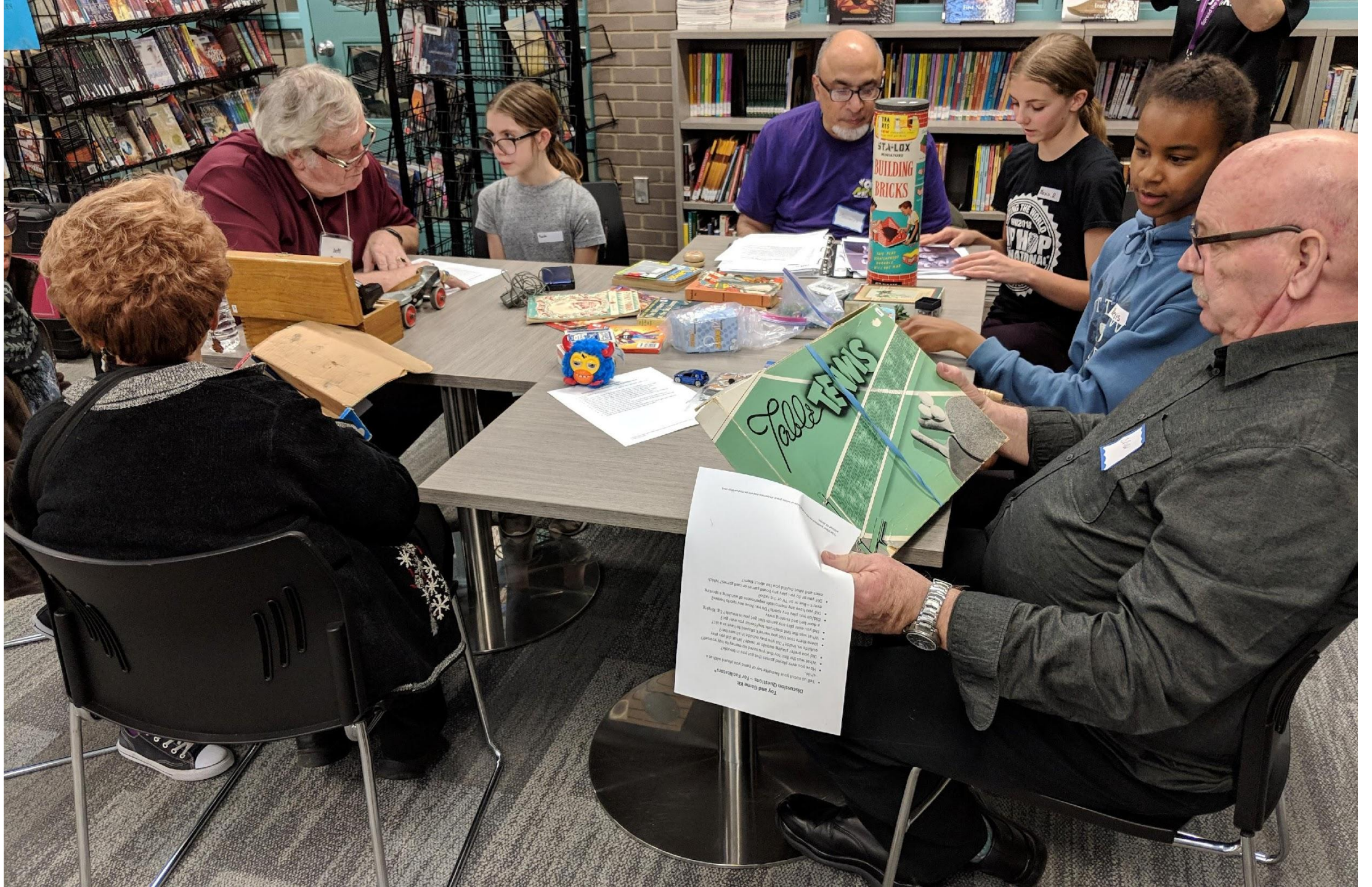












**Toy and Game Box**  
**Discussion Questions - For Facilitators**

- Did you have any questions about the box or the game?
- How did you feel about the game? Was it fun? Why or why not?
- What did you learn from the game? How did you use your critical thinking skills?
- How did you work together as a team? What did you learn about teamwork?
- How did you solve the problem? What strategies did you use?
- How did you communicate with each other? What did you learn about communication?
- How did you manage your time? What did you learn about time management?
- How did you manage your materials? What did you learn about organization?
- How did you manage your emotions? What did you learn about self-control?
- How did you manage your behavior? What did you learn about respect?
- How did you manage your attitude? What did you learn about positivity?
- How did you manage your energy? What did you learn about perseverance?
- How did you manage your focus? What did you learn about concentration?
- How did you manage your stress? What did you learn about relaxation?
- How did you manage your anxiety? What did you learn about coping strategies?
- How did you manage your anger? What did you learn about conflict resolution?
- How did you manage your fear? What did you learn about courage?
- How did you manage your sadness? What did you learn about empathy?
- How did you manage your happiness? What did you learn about gratitude?
- How did you manage your love? What did you learn about kindness?
- How did you manage your respect? What did you learn about dignity?
- How did you manage your dignity? What did you learn about honor?
- How did you manage your honor? What did you learn about integrity?
- How did you manage your integrity? What did you learn about honesty?
- How did you manage your honesty? What did you learn about truthfulness?
- How did you manage your truthfulness? What did you learn about sincerity?
- How did you manage your sincerity? What did you learn about genuineness?
- How did you manage your genuineness? What did you learn about authenticity?
- How did you manage your authenticity? What did you learn about originality?
- How did you manage your originality? What did you learn about creativity?
- How did you manage your creativity? What did you learn about innovation?
- How did you manage your innovation? What did you learn about progress?
- How did you manage your progress? What did you learn about achievement?
- How did you manage your achievement? What did you learn about success?
- How did you manage your success? What did you learn about fulfillment?
- How did you manage your fulfillment? What did you learn about happiness?
- How did you manage your happiness? What did you learn about joy?
- How did you manage your joy? What did you learn about pleasure?
- How did you manage your pleasure? What did you learn about satisfaction?
- How did you manage your satisfaction? What did you learn about contentment?
- How did you manage your contentment? What did you learn about peace?
- How did you manage your peace? What did you learn about harmony?
- How did you manage your harmony? What did you learn about balance?
- How did you manage your balance? What did you learn about stability?
- How did you manage your stability? What did you learn about security?
- How did you manage your security? What did you learn about safety?
- How did you manage your safety? What did you learn about protection?
- How did you manage your protection? What did you learn about defense?
- How did you manage your defense? What did you learn about offense?
- How did you manage your offense? What did you learn about attack?
- How did you manage your attack? What did you learn about war?
- How did you manage your war? What did you learn about conflict?
- How did you manage your conflict? What did you learn about struggle?
- How did you manage your struggle? What did you learn about battle?
- How did you manage your battle? What did you learn about fight?
- How did you manage your fight? What did you learn about war?
- How did you manage your war? What did you learn about conflict?
- How did you manage your conflict? What did you learn about struggle?
- How did you manage your struggle? What did you learn about battle?
- How did you manage your battle? What did you learn about fight?





**Support a Healthy Mind, Body & Spirit at All Ages**



**[www.KerbyCentre.com/Donate](http://www.KerbyCentre.com/Donate)**





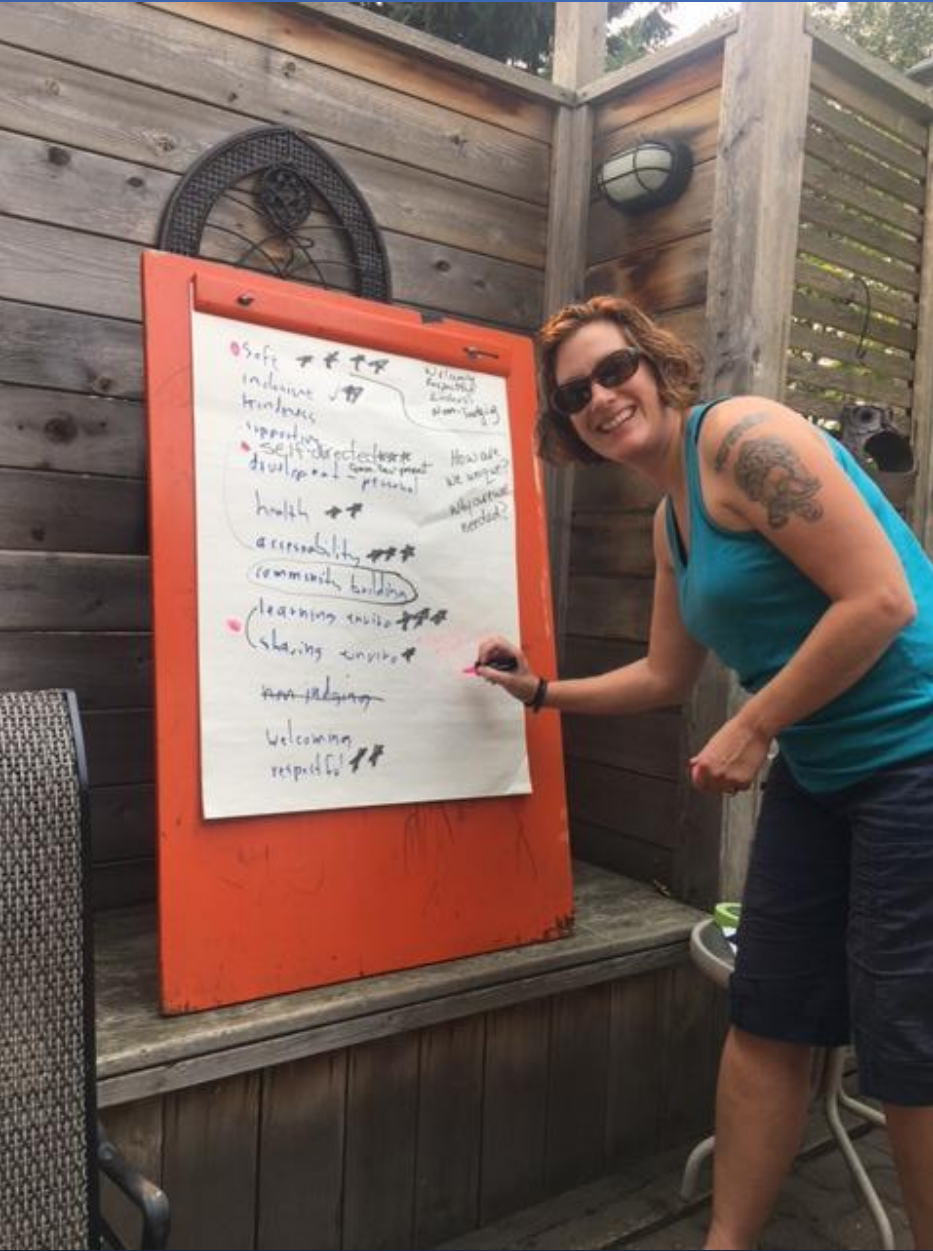












Safe → → → →  
inclusive ✓  
transparency ✓  
supporting  
self-directed development  
health → →  
accountability → → →  
community building  
learning circle → → →  
sharing insights →  
non-judging  
welcoming  
respectful → →

Wellness  
Resilient  
Learning  
Non-Judging

How do  
we support  
individual  
needs?

## A Quick Look at Some Benefits



Shoulder to Shoulder: Broadening the Men's Shed Movement, 2021  
Barry Golding



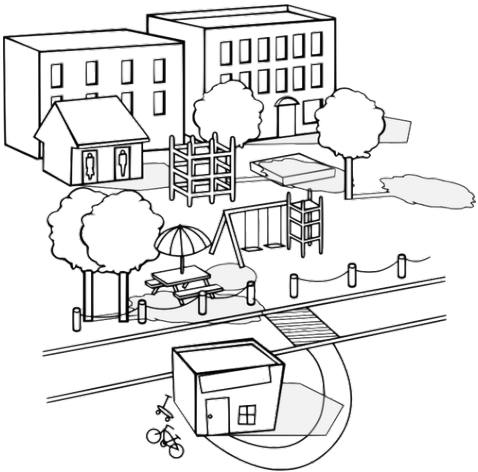
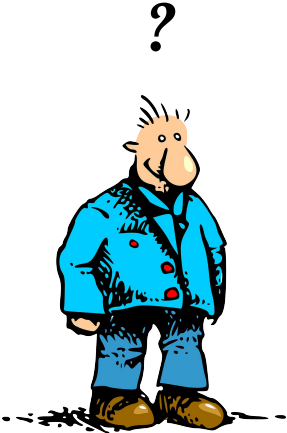
## Main Principle of Men's Sheds

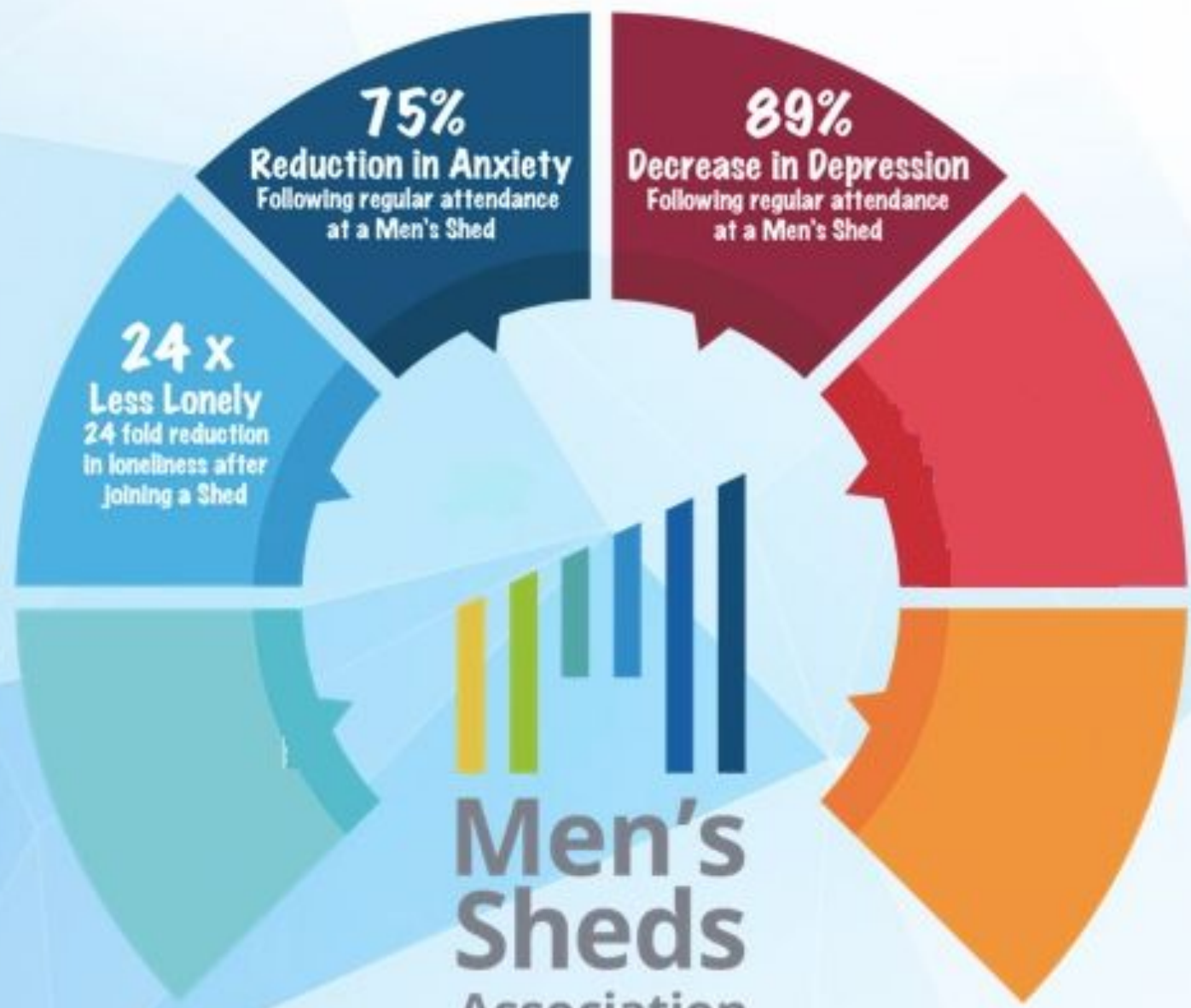


Men's Sheds are not amenable to simple, "single-order" systems of explanation



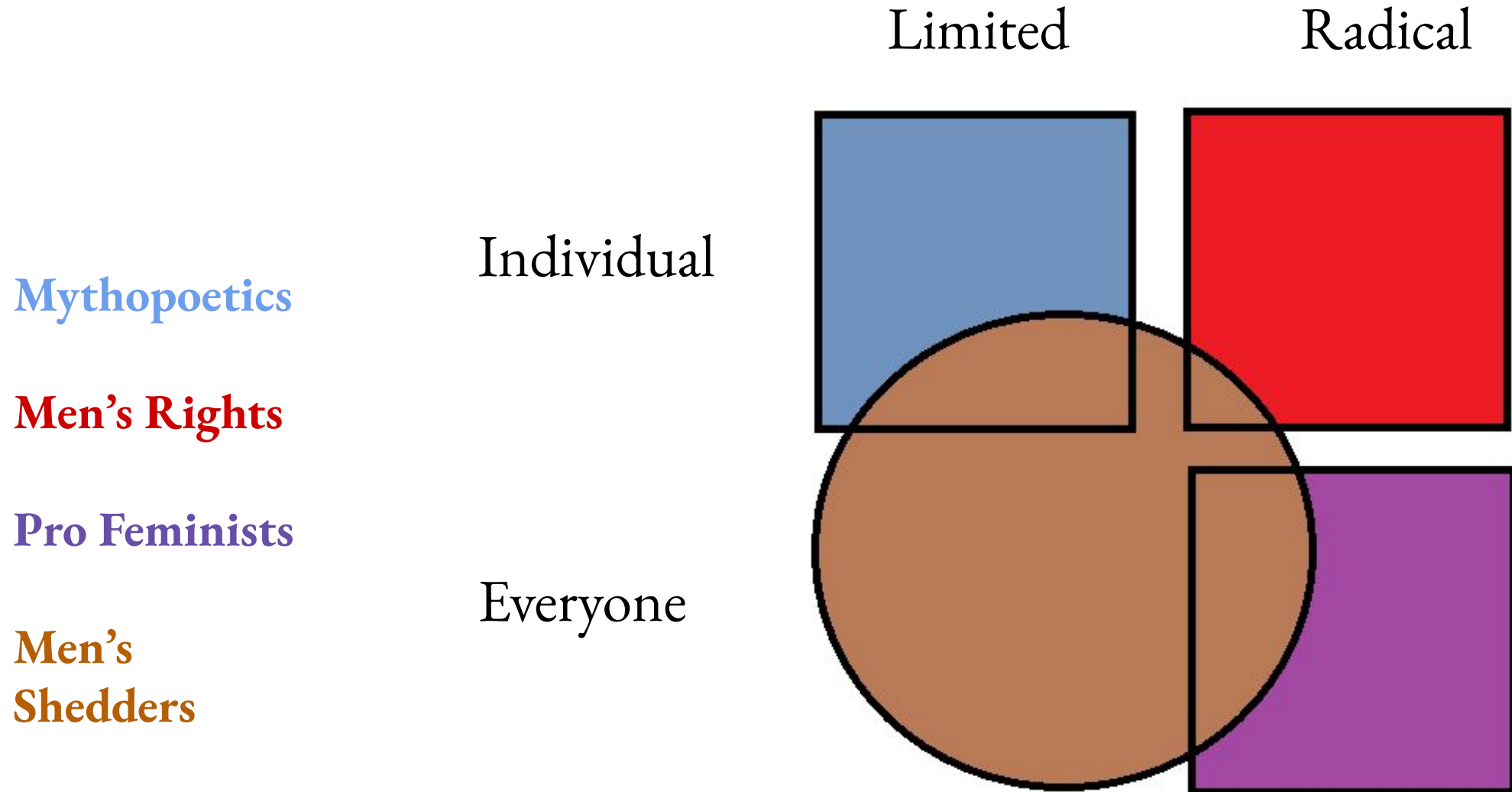
# Who Benefits from a Men's Shed?





**Men's  
Sheds**  
Association

# MEN'S MOVEMENTS



**Healing  
Spaces**



**Healing  
Spaces**

## Formal Shed Speak

- **Informal: Hosted not Led**
- **Inclusive**
- **Fun Active Educational**
- **Healing Spaces**
- **Community Oriented**

A shed is a place for friendship, for a sense of purpose;  
a place to belong and contribute.



**Shed Happens!**

**No man is an  
island.**

**Men Talk (and Learn)--Shoulder to  
Shoulder**

**Health By  
Stealth**

**Men's Sheds Cuz She Said**



Canadian Men's Sheds Association - <https://menssheds.ca/>

Men's Sheds Edmonton – <https://mensshedsyeg.ca>

Men's Sheds Email – [mensshedsedmonton@gmail.com](mailto:mensshedsedmonton@gmail.com)

Men's Sheds Across the World February 10th - Share with friends and families with men that might benefit from Shed activity.

[https://paper.li/Men-s-Sheds-Across-the-World?edition\\_id=dc71bfb0-8a7d-11ec-8ece-fa163e1a70d7](https://paper.li/Men-s-Sheds-Across-the-World?edition_id=dc71bfb0-8a7d-11ec-8ece-fa163e1a70d7)





**Website: <https://mensshedyeg.ca>**

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**Michael Hoyt – City of Edmonton – michael.hoyt@edmonton.ca**

# What do men get out of attending a Men's Shed?

- Someone to talk to
- Learn new skills
- Share their skills with others skills
- Support other men
- Support the community
- Putter, fix things from home
- Experience “health by stealth”
- Have something new to talk about at home
- Expand understanding of family violence
- Regain a purpose for getting up in the morning
- It's fun
- Finally a safe place to share something traumatic