



REAL MEN FEEL: GUIDE TO FRIENDSHIP

Where to Meet New Male Friends

Hello Friend,

It can be challenging to make friends as adults. As boys, we could walk up to anyone and ask, "Wanna play?" And off we went. It isn't that simple as men, or rather we've been taught it can't be that easy.

Friendships can be a life or death matter. Research shows that people with few close friends, relatives, and social connections have a two to three times higher mortality rate than people with high social connection levels.

This report is full of virtual and physical places that you can meet like-minded men, other men who are probably also longing for more adult friendships. Friendships are built on shared interests. This document is not meant as a pickup or dating guide; it is about male companionship.

I asked hundreds of men for the places they met like-minded guy friends. Their answers make up the bulk of what is shared here. Starting somewhere where you have at least one thing in common makes meeting men easier. Introduce yourself, ask a question, pursue a conversation, and perhaps suggest getting in touch beyond that setting.

I'll also share several websites and groups to explore.

Be well,
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- A lot of guys mentioned work as being a great place to meet other men. In the office, factory, store, whatever physical location or when traveling for work at conventions, trade shows, and customer visits.
- The gym or some physical activity was the second most popular answer. Such activities as Brazilian Jujitsu, self-defense classes, squash, CrossFit, weight lifting, exercise classes, etc.
- Go outside and meet people while hiking, cycling, jogging, dog-walking, skiing, snowboarding, swimming, camping... you get the idea.
- Church was another popular response. Many churches have men's groups too.
- Professional networking groups. Examples: BNI, Rotary, Chamber of Commerce, SCORE, Entrepreneurs' Organization, American Marketing Association.
- Professional associations. Every industry has multiple organizations filled with people working in that field. Let Google be your friend.
- Meetups. Search meetup.com for any interest you have and see what's available.
- Bars, dancing, and karaoke.
- Nude beaches.
- Toastmasters groups.
- Grocery store, hobby shop.
- Taking photographs.
- Friends of friends. Let your friends know you are looking to make new friends.
- Men's groups, MankindProject (more on this under websites) If you can't find one, consider making one.
- Extended in-laws that you meet at family gatherings.
- Community projects.
- Local politics.
- Other tips included being on the lookout for others who appear friendless and befriend them.
- Any group or activity you go to can be a source of new friends, provided you go regularly.
- It's not so much the place as it is just talking to people about common interests wherever you happen to be.
- Pursue something outside of yourself, and you will soon find fellow travelers.



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Many men mentioned Facebook groups. Search Facebook for your interests, or join some of the numerous men's groups that exist. Here are a couple of the largest and most welcoming that I've come across.

Men's Group

<https://www.facebook.com/groups/256859981111418/>

INTENTIONS OF THIS FB MEN'S GROUP:

- To create a unique conversation between men on a social media platform
- To explore deeper, richer, and more meaningful conversations that make a difference to who we are as men, and to the lives of those around us
- To create a space that fosters honesty, vulnerability, and respect between men.
- To share resources, ideas, and strategies that support men
- To create a safe space for men who want to:
 - share their challenges and their triumphs as a man
 - seek support, advice, and wisdom from other men
 - explore a range of issues that impact men and what it means to be a man today
 - support other men
 - learn, grow and develop themselves

TheMensSchool

<https://www.facebook.com/groups/1041527732655868/>

We are a learning community cultivating the deep sacred masculine in us all (clear, compassionate, cooperative, secure). We are a unique faculty of teachers, coaches, facilitators... well-trained and reverent about men's work, gender work, deep transformation. Our goal is to teach/inspire excruciating vulnerability and relentless authenticity!

As social animals, we require a source of stabilization from outside ourselves. Our shared connections and co-corrections literally keep us sane.



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mankindproject.org

The ManKind Project was the group mentioned most by the men who gave suggestions for where to make male friends. I did their New Warrior Adventure Training weekend in October 2016 and was very impressed.

The ManKind Project is a personal development organization that offers life-changing experiential training and support groups for all kinds of men. MKP supports a global network of over 1,000 peer-facilitated men's groups serving close to 10,000 men each week. The ManKind Project has a presence in more than 21 nations.

OUR VISION

Our vision is a safe world where all men are brothers, in relationship with one another. A world where conflicts are resolved peacefully; where torture, genocide, domestic violence, and senseless war are only entries in history books. Where men are fully accountable and take responsibility for their decisions. Where men stand tall and proud to be men, secure in their role and deeply committed to nurturing one another, their families, their communities, and their planet.

goodmenproject.com

The Good Men Project is a website that examines what it means to be a good man in today's society. We explore the world of men and manhood in a way that no media company ever has, tackling the issues and questions that are most relevant to men's lives. We write about fatherhood, family, sex, ethics, war, gender, politics, sports, pornography, and aging. We shy away from nothing. Our content reflects the multidimensionality of men — we are alternately funny and serious, provocative and thoughtful, earnest and light-hearted. We search far and wide for new stories and new voices from "the front lines of modern manhood." You can read, comment, contribute, participate in weekly calls, and join various special interest online communities. Writers or commenters might be men you would like to get to know more.



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mensgroup.com

Men's Group is the online leader for men's groups. They offer bi-weekly online support groups, online discussions, and articles. Men's Group was founded by Sean Galla in 2010 when he was looking for a men's group and not liking his options.

"Many of the men's groups I tried included spiritual ceremony, chanting, academic discussions, and masculine exercises. I wasn't there to chant or discuss concepts like masculinity. I wanted to share about my life and listen to the wisdom that the other guys had to offer.

Unable to find a men's group without all the nonsense, I started my own. That was over ten years ago, and it turns out that men from all walks of life were looking for no-nonsense online men's groups as well." ~Sean Galla

mensgroupdirectory.com

Men's Group Directory is a searchable database of men's group, virtual and physical, worldwide that are open to any man. There is also information on starting your own men's group if that interests you.

This website aims to bring all Men's Groups across the world – regardless of purpose, focus, or structure – under one roof. In part, this site seeks to highlight the strength and growth of the Men's Group movement globally. But primarily, the goal is to make Men's Groups more accessible to men around the world.

When men participate in men's groups, they become more grounded yet lighter; stronger yet gentler. As they deepen their awareness of themselves and how they live their lives, they become more able to manage their emotions and be more at ease expressing themselves. Men's Groups support men to become the source of wisdom, purpose, compassion, and inspiration they long to be, and that the world desperately needs.



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evryman.com

Evryman offers men's groups, events, and coaching. They seem to serve the US primarily. Evryman is not about "finding yourself," but "creating yourself" -- understanding and acting productively on your emotions instead of burying or redirecting them, and thereby building a more fulfilling life. With the need for safe distancing, our online program gives you what you need now more than ever. It's an interactive behavioral curriculum, not therapy or guru worship, and we invite you to experience it for yourself.

Their goal is to help men lead more fulfilling, successful lives by discovering and strengthening the full range of their emotions. I like the sound of that.

And of course a podcast that I'm fond of

realmenfeel.org

Real Men Feel encourages men to allow, share, and feel whatever is going on for them. All human beings have the right to be human, the right to feel and express of all their emotions. When you authentically live your definition of being a man and enjoy your life, you've got a winner.

Visit the site for show notes on the over 200 episodes and details on where you can listen or watch. Real Men Feel is hosted by author, speaker, and coach, Andy Grant.

I've made countless friends through Real Men Feel; consider being a podcast guest or starting your own show.



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Tips for Making New Friends

- Decide this is important to you and take action.
- As with dating, don't take rejection personally.
- Everyone is not your ideal friend. The more guys you talk to, the more likely you'll make a good connection to one of them.
- Don't look for friends in places you don't want to be at or with groups that don't interest you.
- Ask questions, then listen. Mostly listen to build a new connection.
- Don't give up. Take a risk.
- Your willingness to be vulnerable and invite another guy into your life will be appreciated by enough men to make your efforts worth it.

If you know of any additional resources that aren't listed, let me know and I'll add it to this report.

Be good to yourself,

Andy