

Start a Men's Shed in Your Community

Many men don't get involved in traditional programs, but a Men's Shed offers a different approach — a relaxed environment where men can share skills, tackle projects, enjoy social connection, and forge lasting friendships. If your seniors centre, municipality, agency, or community organization is interested in launching a local Shed, Men's Sheds Canada and Men's Sheds Ontario can help with guidance, resources, and financial support.

Reach out today to bring purpose, connection, and community to older men in your area:

Brian Sawyer, Manager Outreach and Member Services
Brian.s@mensshedsCanada.org

"Somewhere to go, something to do, and someone to talk to. Three very magical ingredients of what a Shed is all about."

Robert Goluch, Men's Sheds Canada President

With Thanks to Our Partners

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



MEN'S SHEDS Ontario



Connection. Camaraderie. Community.

Men's Sheds: A Different Way to Engage Older men

Men's Sheds are community-based spaces where men gather to connect, work on projects, share skills, and support one another. Originating in Australia, the movement has grown internationally and is supported across Canada by Men's Sheds Canada. Every Shed is different — but all share a common purpose: building a sense of belonging and engagement of older men.

Connection Happens at the Shed

Many men experience isolation, especially after retirement, relocation, or major life changes.

Men's Sheds offer older men:

- Friendship and camaraderie
- Opportunities to build, fix, learn and create
- A renewed sense of purpose
- A safe, welcoming place to talk — or just work side by side
- A way to give back to the community

How Sheds Get Started



Men's Sheds usually begin in one of two ways:

Grassroots: A few men decide to create a space to connect and work on projects. They start informally — wherever space is available — put on the coffee, and grow from there.

Community Partnership: A seniors centre, agency, municipality, or community organization helps launch a Shed by offering space, support, or start-up resources.

Either way, the result is the same: a welcoming, member-led space built on connection, purpose, and friendship.

Where Sheddors Gather

Spaces that bring Sheddors together include:

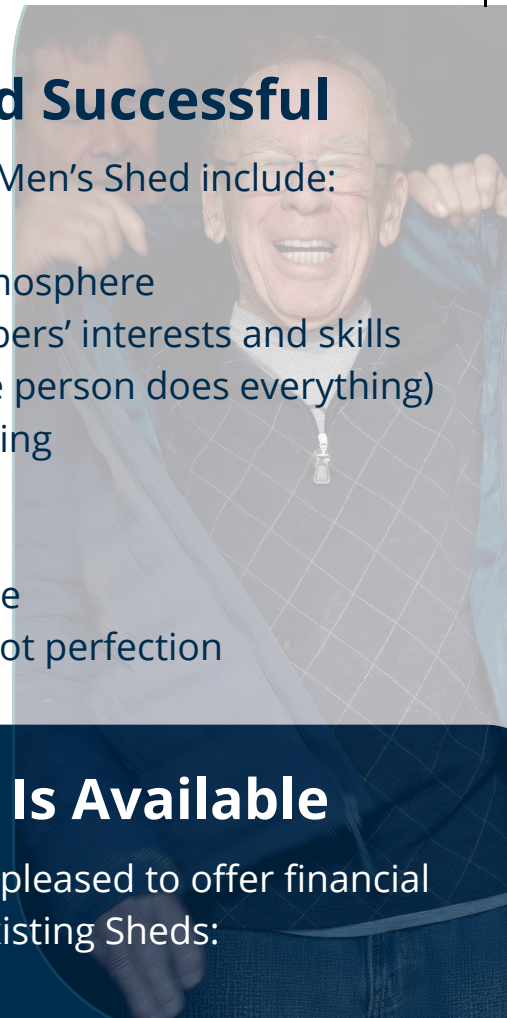
- Seniors centres
- Community centres
- Church basements
- Garages, barns, or workshops
- Legion halls
- Unused municipal buildings
- Shared industrial or commercial spaces



What Makes a Shed Successful

Key ingredients for a thriving Men's Shed include:

- A welcoming, inclusive atmosphere
- Activities shaped by members' interests and skills
- Shared ownership (no one person does everything)
- Member-led decision-making
- Clear but simple structure
- Respect for each other
- A regular meeting schedule
- A focus on participation, not perfection



Grant Funding Is Available

Men's Sheds Canada is pleased to offer financial support for new and existing Sheds:

- **New Shed Start-Up Grants:** Up to \$1,000 to help launch a new Shed (equipment, supplies, set-up costs).
- **Community Connection Grants:** Up to \$1,500 annually for special projects, events, community initiatives and partnerships with other organizations.

