



# SeniorsNL

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-February 24, 2026-

## SeniorsNL Partnership with Men's Sheds

**SeniorsNL is excited to announce a new partnership with  
Men's Sheds Canada!**

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Men's Sheds are peer-led, community-based groups where older men gather to work on projects, share skills, and enjoy good company. SeniorsNL is excited to be partnering with Men's Sheds to support the development of Sheds throughout Newfoundland and Labrador.

To celebrate this partnership, SeniorsNL and Men's Sheds Canada have a number of upcoming exciting events, including a provincial **virtual information session on March 10th**, a **radio roundtable on March 11th**, and an **introduction event on the afternoon of March 13th at the Holiday Inn, St. John's!**

See the attached posters to learn more about Men's Sheds Canada, their partnership with us here at SeniorsNL, and the upcoming events to discuss the work being done on the ground!



Connection. Camaraderie. Community.

## Men's Sheds: A Growing Idea for Newfoundland and Labrador

Men's Sheds are peer-led, community-based groups where older men gather to work on projects, share skills, and enjoy good company. Often compared to a backyard workshop, Sheds provide a relaxed space where conversation happens naturally — side by side over a task or a cup of coffee.

Across Canada, more than 180 Men's Sheds are helping men stay active, connected, and involved in their communities. Each Shed is shaped by the people who start it — there is no single model. Some focus on woodworking or repairs, others garden, cook, walk together, or take on volunteer projects that give back locally.

Men's Sheds Canada is excited to partner with SeniorsNL on the ground to support the development of Sheds throughout Newfoundland & Labrador. Together, we aim to provide communities with the information and practical guidance needed to start local groups that reflect their unique strengths and interests. Newfoundland & Labrador's strong tradition of volunteering, practical skills, and community spirit makes it an ideal place for Men's Sheds to grow.

To learn more about starting or joining a Men's Shed in Newfoundland & Labrador, email [info@mensshedscanada.org](mailto:info@mensshedscanada.org).

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# You're Invited!

SeniorsNL invites you to attend a provincial introduction to:

## **Building Belonging - Men's Sheds Newfoundland and Labrador.**

***Because no one should go it alone***

A community-based initiative focused on connection, purpose, and wellbeing for men of all ages. Men's Sheds are welcoming spaces where men can gather informally to share skills, work on projects, support one another, and build friendships. Across Canada and around the world, sheds have been shown to reduce isolation, improve mental health, and strengthen communities by creating opportunities for conversation, mentorship, and belonging.

This information and engagement session will explore how the model works, how sheds benefit individuals and communities, and how local groups can begin establishing their own sheds in NL.

We welcome community leaders, government officials, service providers, health professionals, municipalities, organizations, and individuals interested in improving wellbeing and creating welcoming spaces for men in their communities.

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**Date:** March 13th  
1:00pm - 4:00pm NST

**Location:** Holiday Inn Portugal  
Cove Road (St. John's)

**Speakers include:** Kimberly Leonard, CEO of Seniors NL, Bill Jeffery, Founder of The Lonely Man Project, Stacy Sheppard, Manager of Community and Tenant Services, Saint Luke's Community Living (Anglican Homes Inc.), Tina Davies of Richard's Legacy Foundation, with special guest Brian Sawyer of Men's Sheds Canada

**Coffee/tea and snacks provided.**

**Register here: [www.seniorsnl.ca/menssheds](http://www.seniorsnl.ca/menssheds) or call  
709-737-2333 or toll-free 1-800-562-5599**

# TEA & TALK

## An Introduction to Men's Sheds: Why, Where and How

**A Men's Shed is a group of men who get together in their community to develop new skills, discover new interests, and make new friends.**

This session will provide a brief overview of the history of the worldwide Men's Shed movement, how Sheds became popular in Canada (we now have 180), and the benefits of starting a Men's Shed - to men, their families and their communities. Brian will talk about how easy it is to start a Shed, the benefits that he enjoys from his own Shed, and the ongoing support that will be provided to a Shed once started.

This learning session will be offered online and in-person at SeniorsNL, and will be recorded. **[Click here to register for virtual attendance!](#)**



**DATE:**

**March 10, 2026**



**GUEST SPEAKER:**

**Brian Sawyer, Men's Sheds  
Canada**



**TIME:**

**2:00PM**

**To attend in person, email  
[outreach@seniorsnl.ca](mailto:outreach@seniorsnl.ca) We are  
located behind St. Luke's, 24 Road De  
Luxe, St. John's. White apartment  
building called Babb Manor.  
Space is limited.**

Scan the QR Code or [click here](#) to learn  
more on our Upcoming Events Page:





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## **March 11th, 2026: The Signal - Join the conversation on The Signal with Adam Walsh**

A special panel discussion will bring together community leaders and advocates for an honest conversation about men's mental health, the loneliness epidemic, and why the time to act is now — particularly for seniors across Newfoundland and Labrador.

Across our province, many older adults live alone or far from family, and for many men, retirement, loss of routine, and fewer social outlets can lead to increasing isolation. This discussion will focus on how connection, purpose, and community spaces can dramatically improve wellbeing and quality of life, and how we can work together to ensure our seniors remain supported, engaged, and valued.

Featuring:

Kimberly Leonard — CEO, Seniors NL

Bill Jeffery — Founder, The Lonely Man Project

Stacy Sheppard - Manager of Community and Tenant Services, Saint Luke's  
Community Living (Anglican Homes Inc.)

Brian Sawyer — Men's Sheds Canada

The panel will explore the realities facing men and seniors today, the impact of loneliness on health, and how initiatives like Men's Sheds create safe, welcoming environments where men can talk, share skills, mentor others, and rebuild social networks.

This conversation is about more than awareness — it is about practical solutions, community action, and building a culture where no one ages alone.

Building Belonging - Men's Sheds Newfoundland and Labrador

\*Because no one should go it alone\*

**Tune in to The Signal with Adam Walsh on CBC Radio at noon and be part of an  
important dialogue for Newfoundland and Labrador.**