

**4**  
SUN  
AUG

**Annual General Meeting**

Brighton Cemetery Friends Group  
Murumbeena Bowls Club  
1:30pm  
Please phone 9558 4248 to register  
attendance

 Brighton

**7**  
WED  
AUG

**Navigating Grief**

Facilitated Group discussion.  
These sessions will discuss the emotional,  
physical, and spiritual ways we can help to  
support ourselves during times of despair and  
sorrow.  
10:30am – 11:30am No charge.

 Springvale

**8**  
THU  
AUG

**Mat Yoga**

Practical tips, guided movement and  
suggestions as to how you can implement  
the practice of yoga into your daily life. The  
ability to get down and up unassisted from  
the floor is required.  
2:00pm - 3:00pm No charge.

 Springvale

**14**  
WED  
AUG

**Flower Arranging Workshop**

Learn the art of creating beautiful, hand-tied  
floral arrangements. Whether you're a  
seasoned florist or a budding enthusiast, this  
workshop promises to rejuvenate your spirit  
and inspire your soul.  
11.00am – 12.00pm. No charge.

 Bunurong




**21**  
WED  
AUG

**Flower Arranging Workshop**

Learn the art of creating beautiful, hand-tied  
floral arrangements. Whether you're a  
seasoned florist or a budding enthusiast, this  
workshop promises to rejuvenate your spirit  
and inspire your soul.  
3.00pm – 4.00pm. No charge

 Springvale

Bookings are required for all activities.

-  **Brighton General Cemetery**  
Cnr. North and Hawthorn Roads  
Caulfield South, Victoria 3162
-  **Springvale Botanical Cemetery**  
Third Drive, 600 Princes Highway,  
Springvale VIC 3171
-  **Bunurong Memorial Park**  
790 Frankston-Dandenong Road,  
Dandenong South VIC 3175



[smct.org.au/ccw](https://smct.org.au/ccw)

**Bookings**

[smct.org.au/events](https://smct.org.au/events)  
Call or text: 0428 213 776  
email: [care@smct.org.au](mailto:care@smct.org.au)



AUGUST

**22**  
THU  
AUG

#### Mindfulness

Try mindfulness in a small, supportive group setting and learn about the benefits. A 30 minute practice followed by herbal tea and light conversation.

11:00am – 11:45am No charge.

 Bunurong

**28**  
WED  
AUG

#### Talking Grief Support Group

To join and confirm location please contact Grief Australia at

(03) 9265 2100 or 1800 642 066

10:30am – 12:00pm No charge.

 Springvale

**29**  
THU  
AUG


#### Chair Yoga


Learn how to do yoga from a seated position. Practical tips, guided movement and suggestions as to how you can implement the practice of yoga into your daily life. All abilities.

A 45 minute practice followed by herbal tea and light conversation.

11:00am – 12:00pm No charge.

 Springvale

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