

4
WED
DEC

Navigating Grief


Facilitated Group discussion. Discuss the emotional, physical, and spiritual ways we can help to support ourselves during times of despair and sorrow. This session will focus on navigating significant dates and seasons. 10:30am – 11:30am. No charge.

 Bunurong

4
WED
DEC

Navigating caregiving and life after loss

Aimed at those caring for a loved one with a life-limiting illness, or those who have recently lost someone for which they have been caring. This session will provide support strategies, valuable insights and the opportunity to connect with other carers. Hosted in partnership with Griefline. 10:30am – 12:00pm. No charge.

 Springvale

8
SUN
DEC

Children's Remembrance Service

This event provides an opportunity to remember and honour the children who have passed. Includes candle lighting, tributes, placing of messages and live performances. Arrival at 4:00pm. Service commences at 5:00pm.

 Bunurong

11
WED
DEC

Mindfulness

A guided relaxation and simple mindfulness techniques used to calm both the mind and body. This soothing session will leave you feeling more relaxed, balanced and fully present. 11:00am – 12:00pm. No charge.


 Springvale


15
SUN
DEC

Sunday Jazz

Enjoy a relaxing Sunday afternoon filled with great food, coffee and the sounds of the Jennifer Salisbury Jazz Duo performing on the café deck. 12:00pm – 3:00pm. No charge.

 Springvale

 **Bunurong Memorial Park**
790 Frankston - Dandenong Rd,
Dandenong South VIC 3175

 **Springvale Botanical Cemetery**
Third Drive, 600 Princes Highway,
Springvale VIC 3171



smct.org.au/ccw

Bookings

smct.org.au/events
Call or text: 0428 213 776
email: care@smct.org.au

Bookings are required for all activities.