

**3**  
WED  
JUL

**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

**10**  
WED  
JUL

**Winter Walk & Warming Soup**


Join us for an all weather walk followed by a bowl of delicious warming soup in Café Vita. Please feel free to bring along your own favourite soup recipe to share.  
11:00am to 12:30pm No charge.

 Springvale

**11**  
THU  
JUL

**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

**17**  
WED  
JUL

**Winter Walk & Warming Soup**

Join us for an all weather walk followed by a bowl of delicious warming soup in Café Vita. Please feel free to bring along your own favourite soup recipe to share.  
11:00am to 12:30pm No charge.


 Bunurong


**18**  
THU  
JUL


**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

 **Melbourne General Cemetery**  
College Crescent, Parkville,  
Victoria 3052

 **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)


Bookings are required for all activities.

JULY

**23**  
TUE  
JUL

**The Art Of Kokedama**

Join SMCT horticulturalist's and learn the art of Kokedama, a style of bonsai that involves binding a plant in moss and twine. Create your own masterpiece to take home.  
11:00am – 12:00pm No charge.

 Springvale

**25**  
THU  
JUL

**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.  
11:00am – 12:00pm No charge.

 Bunurong

**30**  
TUE  
JUL

**Meditation - online learning**

Experience meditation through online programs. Bring your own device and our lovely staff will help you to connect with online resources.  
11:00am to 12:00pm No charge.

 Springvale

**31**  
WED  
JUL

**Talking Grief Support Group**

To join and confirm location please contact Grief Australia at  
(03) 9265 2100 or 1800 642 066  
10:30am to 12:00pm No charge.


JULY


**Self-guided Walking Tour**


Visit the iconic Melbourne General Cemetery and explore history in your own time with our trial self-guided walking tour. Learn about how the cemetery, and the design of graves, has transformed over the past 170 years. Available for the whole month of July  
8:00am to 6:00pm No charge.

 Melbourne

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