


Community Care and Wellbeing program

DECEMBER

3
SUN **Children's Remembrance Service** 5:00pm  Springvale

5
TUE **Social Walk** 10:30am – 11:15am  Springvale

Cuppa Connections
10:00am – 11:00am  Bunurong

6
WED **Navigating Grief** 10:30am – 11:30am  Bunurong


Cuppa Connections
1:30pm – 3:00pm  Springvale


12
TUE **Social Walk** 10:30am – 11:15am  Springvale

Cuppa Connections
10:00am – 11:00am  Bunurong

13
WED **Creating with Grief** 11:30am – 12:30pm  Springvale


Cuppa Connections
1:30pm – 3:00pm  Springvale

Social Walk with wellbeing dogs 10:30am – 11:15am  Springvale

Animal-assisted wellbeing 11:30am – 12:30pm  Springvale

19
TUE **Yoga** 1:00pm – 1:45pm  Springvale

Mindfulness 2:00pm – 2:45pm  Springvale

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

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



smct.org.au/ccw

Bookings

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



DECEMBER

Community Care and Wellbeing program

20
WED

Cuppa Connections
10:00am – 11:00am

📍 Bunurong

Cuppa Connections
1:30pm – 3:00pm

📍 Springvale

January 2024

The Community Care & Wellbeing program will not be running throughout January. Online wellness videos are available on our website.

[Online Wellness Video Series](#)

Bookings essential

smct.org.au/events



Best wishes for a safe and peaceful holiday season.



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