

# Community Care and Wellbeing program

# OCTOBER

**3**  
TUE

**Social Walk**  
10:30am – 11:15am

📍 Springvale

**Cuppa Connections**  
10:00am – 10:30am

📍 Bunurong

**4**  
WED

**Navigating Grief**  
10:30am – 11:30am

📍 Bunurong

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

📍 Springvale

**10**  
TUE

**Social Walk**  
10:30am – 11:15am

📍 Springvale

**11**  
WED

**Animal-assisted wellbeing**  
10:00am – 12:00pm

📍 Bunurong

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

📍 Springvale

**17**  
TUE

**Social Walk**  
10:30am – 11:15am

📍 Springvale

**Cuppa Connections**  
CANCELLED

📍 Bunurong

**18**  
WED

**Creating with grief**  
11:30am – 12:30pm

📍 Springvale

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

📍 Springvale

**24**  
TUE

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

📍 Springvale

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

📍 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](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)

# Community Care and Wellbeing program

# OCTOBER

**25**  
WED

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

📍 Bunurong

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

📍 Springvale

**27**  
FRI

**After hours wind down**  
4:00pm – 6:30pm

📍 Bunurong

**31**  
TUE

**Social Walk**  
10:30am – 11:15am

📍 Springvale

**Enjoyment through song**  
11:30am – 12:30pm

📍 Springvale

**1**  
**NOV**  
WED

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

📍 Bunurong

**Navigating Grief**  
10:30am – 11:30am

📍 Springvale

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

📍 Springvale

**Bookings essential**  
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METROPOLITAN**  
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