

4
WED
SEP

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.

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25
WED
SEP

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.

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26
THU
SEP

Sound bowl meditation

This beautiful calming session combines relaxing sound vibrations and guided meditation, including visualization and breath, to invoke a state of deep relaxation, reduce stress and enhance self-care.

11:00am -12:00pm. No charge. BYO Blanket.

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27
FRI
SEP

Police Remembrance Service

Cnr of Fifth and Sixth Avenue

4:00pm – 5.00pm. No bookings required.

Enquiries: care@smct.org.au or 0428 213 776

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📍 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



Please join us for our Grief Retreat, 18 – 20 October 2024

The program includes grief-sharing workshops and self-care activities, plus free time to relax, chat and enjoy the surroundings.

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Bookings are essential and can be made for the entire weekend or individual days, allowing you to select workshops and activities tailored to your needs.



Further details and registration