

Community Care and Wellbeing program

SEPTEMBER

2
SAT

Father's Day Remembrance Service
11:00am – 1.00pm

 **Bunurong**

5
TUE

Social Walk
10:30am – 11:15am
Enjoyment through song
11.30am – 12.30pm

 **Springvale**


6
WED

Navigating Grief
10:30am – 11:30am
Cuppa Connections
1:30pm – 3:00pm

 **Springvale**

12
TUE

Social Walk
10:30am – 11:15am

 **Springvale**

13
WED

Arts with Gaby
11:30am – 12:30pm
Cuppa Connections
1:30pm – 3:00pm

 **Springvale**

19
TUE

Social Walk
10:30am – 11:15am
Yoga
1:00pm – 1:45pm
Mindfulness (BYO pillow/blanket)
2:00pm – 2:45pm

 **Springvale**

20
WED

No sessions available

26
TUE


Social Walk with wellbeing dogs
10:30am – 11:15am
Animal-assisted wellbeing
11:30am – 12:30pm


 **Springvale**

27
WED

Cuppa Connections
10:00am – 11:00am

 **Bunurong**

 **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

SEPTEMBER

Community Care and Wellbeing program

27
WED

Cuppa Connections
1:30pm – 3:00pm

📍 **Springvale**

29
FRI

After hours wind down
4:30pm – 6.00pm

📍 **Bunurong**

Bookings essential
smct.org.au/events



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