

CENTRE FOR CARE AND WELLBEING (CCW) – MARCH 2019 – Bookings Essential

QIGONG: Mindfully align your breath and movement to restore health and vitality through the practice of Qigong. These gentle flowing movements work to release body tension, improve posture, stimulate energy flow and promote a sense of wellbeing.

FUNCTIONAL MOVEMENT & MOBILITY CLASS: Looking to build strength, improve posture and support everyday fitness? This class offers a practical approach to correct movement patterns, develop body skills and build confidence. Classes will explore sitting, walking, squatting, reaching and balancing. Progressive exercises are also offered to safely strengthen muscles and joints, while heightening body awareness.

MUSIC WITH GARRY: Enjoy a sing-a-long with one of our regular visitors and enjoy some old time favourites.

EASTER CRAFTS: Create some lovely Easter decorations to beautify your home and share with family and friends.

MOVIE AFTERNOON: Enjoy a relaxing afternoon with your friends, popcorn included! We would love you to bring along one of your favorite movies or choose from our selection.

SOCIAL WALK: (Meet at Café Vita) Enjoy a 45 minute walk with like minded people exploring various parts of the beautiful botanic gardens.

MOVEMENT AND STRETCH: Renew mind and body using gentle movement and yoga-based stretches to develop strength & balance.

MEDITATION: Enjoy a deep sense of peace, clarity, focus and creativity. Simple mindfulness techniques will be used to develop breath and body awareness, & guided meditation/relaxation will ensure you leave feeling relaxed and balanced.

MUSIC - Enjoyment through Song: Music helps to calm and relax the mind whilst lifting mood and reducing stress. (No singing experience required) (Outdoor – weather permitting)

ART - Creative Expression: Exploring a variety of mediums to express emotions and reflect on memories. (Outdoor – weather permitting)

EDUCATION – Grief & Self Compassion: “Being human is not about being any one particular way; It is about being as life creates you – with your own particular strengths and weaknesses, gifts and challenges, quirks and oddities” (Kristen Neff)

INTRODUCTION TO MOTHER’S SUPPORT GROUP:

We recognize there is a vital need to care for mothers/widows in grief and loss. We have created an introductory familiarization session for all new ladies to the Centre to assist with your understanding of the group process and support you within a nurturing and safe environment.

MOTHER’S SUPPORT GROUP: Specifically designed for Mother’s who have lost a child/children

We invite you to join our Mother’s Support Group in an understanding and supportive environment to meet others going through a similar experience.

MEN’S SUPPORT GROUP: Specifically designed for bereaved Men

We provide a safe space to talk, share feelings and issues, reduce isolation and the opportunity to build friendships.

**Address: 23A Smith Road, Springvale
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