

# What's on in July 2018

All welcome to visit for tea, coffee, reading, puzzles, journaling and relaxation.



MONDAY	TUESDAY	THURSDAY
<p><b>2</b> Intro. to Mothers Support Group 10.00am - 10.45am ART 10.30am - 12.00pm (Creative Expression) Mother's Support Group 11.00am - 1.00pm</p>	<p><b>3</b> Social Walk 10.00am - 10.45am Movement &amp; Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p>	<p><b>5</b> Social Coffee 10.30am - 11.30am Music 11.00am - 12.00pm (Enjoyment through Song) Movie Afternoon 1.00pm - 3.00pm</p>
<p><b>9</b> Trivia Morning 11.00am - 12.30pm</p>	<p><b>10</b> Social Walk 10.00am - 10.45am Movement &amp; Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p>	<p><b>12</b> Social Coffee 10.30am - 11.30am Movement to Music 11.00am - 12.00pm Education 1.00pm - 2.30pm (The Grief Storm &amp; How to Stay Afloat)</p>
<p><b>16</b> ART 10.30am - 12.00pm (Creative Expression) Education 1.30pm - 3.00pm (Self Care &amp; Compassion)</p>	<p><b>17</b> Social Walk 10.00am - 10.45am Movement &amp; Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p>	<p><b>19</b> Social Coffee 10.30am - 11.30am Music 11.00am - 12.00pm (Enjoyment through Song) MyLifebook - Storytelling 2.00pm - 4.00pm</p>
<p><b>23</b> Board Games 10.30am - 12.00pm</p>	<p><b>24</b> Social Walk 10.00am - 10.45am Movement &amp; Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p>	<p><b>26</b> Intro. to Widows Support Group 10.00am - 10.45am Social Coffee 10.30am - 11.30am Widows Support Group 11.00am - 12.30pm Movement to Music 1.00pm - 2.00pm</p>
<p><b>30</b> Movie Morning 10.30am - 12.30pm Men's Support Group 12.00pm - 1.30pm</p>	<p><b>31</b> Social Walk 10.00am - 10.45am MyLifebook - Aspects of Life 10.30am - 1.30pm Movement &amp; Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p>	<p><b>BOOKINGS ESSENTIAL</b> Online <a href="http://www.sbc.smct.org.au">www.sbc.smct.org.au</a> Phone (03) 8772 6111 Email <a href="mailto:care@smct.org.au">care@smct.org.au</a></p>

PUZZLES  
JOURNALS &  
RELAXATION

Open Mondays, Tuesdays and Thursdays 10.00am - 3.00pm

For further information, please contact Dianne Lee on (03) 8772 6111 or email [care@smct.org.au](mailto:care@smct.org.au)

The Centre for Care and Wellbeing is located on Third Drive, Springvale Botanical Cemetery, 600 Princes Highway, Springvale.

[www.sbc.smct.org.au](http://www.sbc.smct.org.au)

## CENTRE FOR CARE AND WELLBEING – JULY 2018 – Bookings Essential

**SOCIAL WALK:** 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.

**MOVEMENT TO MUSIC:** Similar session to Movement and Stretch but using gentle rhythmic music. Enjoy a short meditation at the end to mindfully rest and relax (suitable all levels)

**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)

**ART: Creative Expression-** Exploring a variety of mediums to express emotions and reflect on memories.

**EDUCATION - The Grief Storm & How to Stay Afloat:** This session will explore the impact grief can have on our thoughts, emotions and behavior and how we can support ourselves to stay afloat until the storm passes.

**EDUCATION - Self Care & Compassion:** Often we can be hard on ourselves when we are in mourning. Implementing good self-care and compassion is essential to your wellbeing.

### **INTRODUCTION TO MOTHER'S/WIDOW'S SUPPORT GROUP (separate sessions for each group)**

We recognize there is a vital need to care for mothers/widows in grief and loss. We have created an introductory familiarisation 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**

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

### **WIDOW'S SUPPORT GROUP: Specifically designed for Widow's who have lost a husband/partner**

We invite you to join our Widow'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 place to talk, share feelings and issues, reduce isolation and the opportunity to build friendships.

**BOARD GAMES:** Fun & Games - Monopoly, Pictionary, Scrabble, Connect 4 and more. Feel free to bring to bring one of your favourite games.

**MOVIE MORNING/AFTERNOON:** Come and enjoy a relaxing afternoon with your friends, popcorn included! We would love you to bring along one of your favourites. **(Movie: Choose from our selection)**

**TRIVIA MORNING:** Test your knowledge and skills and have some fun with your friends on a cold winter morning. Various topics - There is sure to be one to showcase your brain power.

**MYLifebook - STORYTELLING OUR LIVES:** Learn how to write your life story in a way that is meaningful and based on significant aspects of your life.

**MYLifebook - ASPECTS OF LIFE:** This workshop will provide an immersive experience and an opportunity to explore our lives and mortality. We will explore our feelings through breath, music and other ways, visit the crematorium, chapels and graveside. Most importantly we will contemplate our values to live well.

**Please note: The Centre for Care and Wellbeing will close at the earlier time of 3.00pm in July**