

Support for Carers Program | Activity Calendar

JANUARY 2023

CARERS MEETING

Tuesday 10/01 - 10:00am-12:00pm

Group counselling with Zlata

Group counselling by Zlata and planning activities for the year.

Join us for morning tea



FEBRUARY 2023

CARERS MEETING

Tuesday 14/02 10:00am-12:00pm

What is Dementia?

Information session on Dementia & bringing wedding photos for a Valentine's Day Special.

Enjoy morning tea with us



MARCH 2023

CARERS MEETING

Tuesday 14/03 10:00am-12:00pm

How to Write a Will

Information on how to write a will with a guest speaker

Come by and enjoy a coffee



CARERS OUTING

Berry picking in the Dandenongs

Wednesday 24/01 10:00am-3:00pm (approx.)

Don't forget your walking shoes and your lunch as we visit a berry farm and Silvan Reservoir for lunch.

Meet us at SMRC at 10:00am

Contribution: \$13

CARERS OUTING

Exploring Philip Island

Wednesday 22/02 9:30am-4:00pm (approx.)

You'll need your walking shoes as we explore Philip Island and enjoy pizza on the beach.

Meet us at SMRC at 9:00am

Proudly sponsored by



CARERS OUTING

Harmony Day in Melbourne

Wednesday 22/03 9:00am-3:00pm (approx.)

Bring your myki card, your lunch and wear your most comfortable shoes.

By the Yarra River, enjoy a coffee and muffin on us.

Meet us at Dandenong Train Station at 9:00am

Please let one of our staff know if you are interested in:

Counselling: If you need to talk to someone about issues relating to your caring role.

Life coaching: If you need support by creating strategies and learning skills to help improve your wellbeing

Southern Migrant Refugee Centre
39 Clow Street, Dandenong, 3175
(03) 9767 1900



Please contact one of our staff to secure your place in an outing as places are limited!

Zlata Bukarica - Senior Coordinator
Contact - 0407 055 930

Nazira Malaeb
Contact - 0478 849 240

Lara Burns
Contact - 0408 015 282

Let one of us know if you need respite