

Support for Carers Program | Activity Calendar

JULY

CARERS MEETING

Diabetes health information session

Tuesday 9/07/2024

10:00am-12:00pm

Join us for morning tea!



CARERS OUTING

Tour of Parliament House

Wednesday 24/07/2024

9:30am – 3:30pm

Come with us to learn about the Parliament House of Victoria.

Please wear comfortable shoes, bring your own lunch and meet at Dandenong Train Station

No contribution but places are limited

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: needing support by creating strategies and learning skills. help improve your wellbeing.

Zlata Bukarica - Senior Coordinator
Contact - 0407 055 930

AUGUST

CARERS MEETING

Palliative Care Information session + Tai Chi

Tuesday 13/08/2024

10:00am-12:00pm

Enjoy morning tea with us!



CARERS OUTING

Winter Movie at Reading Cinemas

Wednesday 28/08/2024

Time to be confirmed

Relax and stay warm with us while watching a movie (to be confirmed) at Reading Cinemas.

Please meet us at Reading Cinemas inside Dandenong Plaza Square.

No contribution but limited places

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



SEPTEMBER

CARERS MEETING

Peer support meeting + bingo!

Tuesday 10/09/2024

10:00am-12:00pm

Enjoy morning tea with us!



CARERS OUTING

Phillip Island Chocolate Factory

Wednesday 25/09/2024

9:30am – 3:30pm

Come and see how chocolate is made and chocolate-made attractions. Enjoy a hot chocolate on us!

Please wear comfortable shoes and meet us at SMRC office.

Contribution: \$15

To express your interest in our outings, please contact any of our staff:

Nazira Malaeb - Coordinator
Contact - 0478 849 240
Lara Burns - Coordinator
Contact - 0408 015 282

Let one of us know if you need respite or an interpreter.