



# DCaf Connections'

*cafés for families of people living with dementia*

## **Who are we and when do we meet?**

**Weekly local café for people living with the early-mid stages of dementia and their family carers**

**Warrawee      Thursdays      10.00am to 12.00pm**

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**NEW fortnightly carers' online café**

**Online              Mondays              2.00pm to 3.00pm**

## **What do we enjoy at our weekly local café?**

Friendship, activities and information about local services and support groups.

Our social café is a weekly meeting place designed to give a small group of people living with dementia and their family carers an opportunity outside of their home to socialise, relax and discover ways to live well with dementia.

*Activities include:      fitness sessions (memory & balance)  
                                 speakers and activity providers (art, music therapy, etc)  
                                 croquet and a variety of table-based activities*

## **What do we enjoy at our fortnightly online carers' café?**

Friendship, sharing ideas, great conversations and social support from the comfort of our homes.

## **Would you like to join us?**

To find out more about us and book your place, please contact:

**Fiona - 0402 837 877 [feeshal@optusnet.com.au](mailto:feeshal@optusnet.com.au)**

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