



# DCaf Connections'

*cafés for families of people living with dementia*

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

**Original DCaf** social weekly café – **since 2018.**

Run by volunteers, family carers and people living with dementia.

**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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**Monthly carers' discussion group café**

**Warrawee Thursdays 11.00am to 12.00pm**

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

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

Our café is a weekly meeting place designed to give a small-medium 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, co-ordination and balance)  
**speakers and activity providers** (art, music therapy, etc)  
**croquet and a variety of table-based activities***

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

Friendship, sharing ideas, great conversations and social support.

## **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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