



**we care,  
we support,  
we empower**



## **Social Gardening Cafe for Carers**

**Carers are invited to join our FREE social gardening cafes and discover the therapeutic joys of gardening, fun activities and socialising with other carers**

### **Community Gardening**

Make your own garden, choose your favorite plants & receive professional gardening guidance. (Seeds & equipment will be provided.)

### **Social Connections**

Chat with other carers, make new friends, receive peer support, and have fun.

### **Health and Wellbeing**

Engage in culturally tailored, social/physical activity sessions.

**To register & for further informaton:**



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