

Dementia Friendly Woollahra invites you to a free community event:

CARERS NETWORK

MONTHLY MEETUP

Join us for our monthly meetup, Carers Network, a supportive group designed for carers of people living with dementia. This welcoming space allows you to connect with others, share experiences, and access expert advice.

Sessions are led by **Michelle Beaumont**, Dementia Consultant and member of Dementia Friendly Woollahra.

FREE MONTHLY CATCHUP

Thursday 15 October 2026

10:45am – 12pm

Gaden, 334 Edgecliff Road,
Woollahra

Benefits of attending:

- Share strategies and techniques to best support loved ones living with dementia
- Focus on caring for the carer, acknowledging and managing carer stress
- Access professional guidance and resources



To RSVP scan
the QR code
or call us on
1300 882 962

