



**NEW  
SOCIAL  
GROUP**

**SORRENTO COMMUNITY CENTRE IN PARTNERSHIP WITH UMBRELLA DEMENTIA CAFÉS**

INVITE FAMILIES, COUPLES AND PEOPLE EXPERIENCING DEMENTIA TO THE

# Sorrento Dementia Café

**EVERY SECOND THURSDAY, 10AM - 12NOON @**

**Sorrento Community Centre and Online via Zoom  
860 - 868 Melbourne Road, Sorrento, 3943**

We believe a connected and inclusive social community is fundamental to personal well-being. To support those in our community experiencing dementia, we have partnered with Umbrella Dementia Cafés, a health promotion charity, to build our very own supportive and fun social group for couples living with dementia.

**RSVP essential** due to COVID-19 restrictions. During lockdowns, all café meetings move to one-hour online cafés from 10am to 11am with carers peer support our major focus. **Register your interest to attend** by calling either Sorrento Community Centre on **(03) 5984 3360** or online through the Umbrella Dementia Cafés website.

**Umbrella Dementia Cafés is a charity who supports a growing network of dementia cafés. Visit their website [UmbrellaDementiaCafes.com.au](http://UmbrellaDementiaCafes.com.au).**

Our cafés are best suited to individuals with early to mid-onset dementia (all types & ages) and includes a peer support program. Carers attending the café are expected to take full responsibility for their partner, parent or friend living with dementia. All cafés are supported by a team of responsible & trained volunteers.

## Join Our Café

**Every Thursday fortnight**

10am - 12noon

\$14 per couple for physical cafés

*During lockdown periods, we meet on Zoom.*



**Empowering People with Dementia**  
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**Sorrento  
Community  
Centre**

Connecting our community

**03 5984 3360**  
admin@sorrentocc.org.au  
www.sorrentocc.org.au

Get social with us



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/sorrento\_community\_centre