



# Join our VMCH Dementia-friendly Social Support Group

**Do you care for someone living with dementia or memory loss?**

As a carer, it can be difficult to find alternative care for your loved one, let alone find time to socialise.

VMCH's Dementia-friendly Social Support Groups offer carers and their loved ones the chance to enjoy fun activities like croquet, gardening or crafts while connecting with other carers. The groups run from February to 30 June.

**You can find our social support groups in:**

- Noble Park
- Ballarat
- Bundoora
- Shepparton
- Werribee
- Wangaratta
- Geelong

Register your interest by scanning the QR code.

If you need assistance, call our friendly customer service team at **1300 698 624** or visit: [vmch.com.au/support-for-carers/events/](https://vmch.com.au/support-for-carers/events/)

