



# Mt Beauty - Carer Connect

[P:03 90004600](tel:0390004600)

Email:  
[carergatewayenquiries@vt.uniting.org](mailto:carergatewayenquiries@vt.uniting.org)

**Are you looking to connect with carers in or around the Mt Beauty area and learn more about carer support? We can help! Join our Carer Connect Program and gain support and information while meeting new people in a relaxed environment.**

## We will cover:

Thursday 27/02/2025: Boundaries and Communication

Thursday 27/03/2025: Dementia Australia

Thursday 24/04/2025: Carer Stress

Thursday 26/06/2025: Mindfulness Yoga

**Where:** Mt Beauty Neighbourhood Centre  
1 Tennis Court Avenue  
Mt Beauty 3699 Vic

**When:** 10am-12pm  
Sessions will include morning tea

