

SENIORS' *Connect*



*Fun
activities*

*Snacks
provided*

*Closed
group*

*Referrals
required*

An 8-week group for multicultural seniors to create & sustain new connections, learn new skills, and improve their wellbeing



Witton Barracks, 9 Lambert Rd, Brisbane Queensland 4068 (next to Indooroopilly train station)



Tuesdays, 10am to 1pm
from 21 July to 08 September

For more information/to make a referral please contact:

[seniorsconnect@worldwellnessgroup.org.au/](mailto:seniorsconnect@worldwellnessgroup.org.au)

Call Ketaki 0492 814 739

GROUP STRUCTURE

WEEK 1	Getting to know each other & culture sharing Education session on importance of staying socially connected as we age
WEEK 2	Individual, practical goal setting Skills training: Using your phone/iPad/computer to connect with others
WEEK 3	Movement and meditation Skills practice: Using your phone/iPad/computer to connect with others
WEEK 4	Reminiscence intervention for older people Guest presentation on volunteering opportunities Individual work
WEEK 5	Opportunity for external social engagement through peer-led work: Attending activities or events with a multicultural peer support worker
WEEK 6	Opportunity for external social engagement through peer-led work: Attending activities or events with a multicultural peer support worker
WEEK 7	Putting it all together - Using what we have learned
WEEK 8	Wrap up Social "event"

*Transport assistance provided to eligible participants
Cultural/Language support provided
Light snacks*