



## Social Connection Groups

Whether you're looking for connection, support, or just a reason to get out of the house, our groups offer a relaxed and friendly environment often over a shared meal or a hot drink.

### Women's Group

**Tuesdays**  
**10:00am - 11:30am**

An opportunity for women to gather for morning tea, an optional craft activity or just a chat.

### Men's Group

**1st Tuesday of Month**  
**10:00am**

Monthly outing followed by lunch.  
Some outings may require a small activity fee.

### Mates & Mugs

**Thursdays**  
**3:30pm - 5:00pm**

An opportunity for men to gather for a games afternoon followed by One Meal dinner.

### Women's Group

**Friday**  
**10:00am - 11:30am**

An opportunity for women to gather for morning tea, an optional craft activity or just a chat.

EVERY • PERSON • MATTERS

2-4 Tea Gardens Ave  
Kirrawee

6 Gosport St Cronulla

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