

Different Journeys

Point Cook Carers Cuppa

We are looking forward to seeing you at our Carers Cuppa. If it is the first time you have been to a Carers Cuppa we have put together some information so you can be prepared. If you have any questions you can ask the Different Journeys staff.



Located: The Brook Point Cook



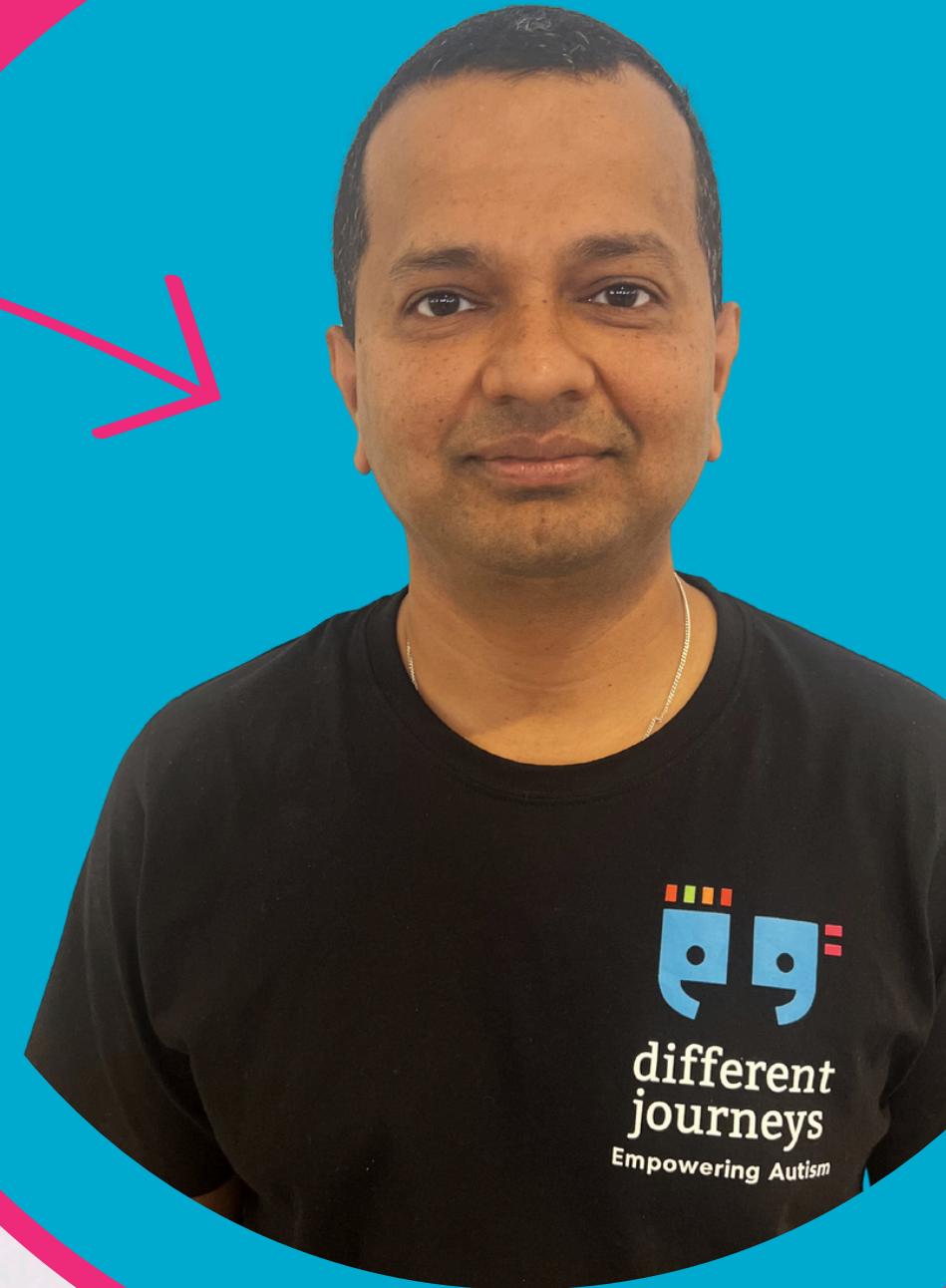


**This is The Brook Point
Cook entrance and
where you will come in**



What will happen

- When you arrive you will see the Different Journeys staff - they will be wearing clothing with the logo on it.
- When you enter, check in with the Different Journeys staff.
- There are no set activities, you can chat with the Different Journeys staff, chat to other carers or sit quietly having a free cuppa.
- One of the Different Journeys staff might approach you and ask if you want to have a 1:1 chat. This is optional - you don't have to if you don't want to.
- The cafe will be open and available to purchase things at your own cost. Cash or Card options are available.
- We hope you find it a safe space for carers.





Come enjoy a cuppa on us in Point Cook. Meet other carers and talk to our peer support team who all have lived experience. Ask us about what services and supports are available and together we can explore opportunities in a safe and supported environment. We are specialists in the neurodivergent space.

Thanks for coming to the Carers Cuppa. Carers Cuppa is about connecting with other carers.

We hope to see you again next time!



We Support Celebrations



We Provide Connections

We Create Communities