

Navigating dementia together

Education and support for families and carers



Melissa Levi, Clinical Psychologist, dementia and ageing specialist, and author is speaking at St Mark's Anglican Church Darling Point. You'll leave with a clear path forward, practical tools to start using immediately and the knowledge that you are not alone on this journey.

This Friends of St Mark's event is proudly supported by Woollahra Council.



Join us for one or both sessions:

- **Thursday 17 September 2026, 6pm**

'Dementia – The guidebook nobody gave you'. This keynote talk provides a compassionate, plain-English guide to understanding dementia, knowing what to expect, and finding the strategies that genuinely make a difference.

- **Wednesday 7 October 2026, 10am**

'Caring feels hard because it is hard'. Caring for a loved one with dementia is one of the hardest things you will ever do. This more intimate community discussion session is designed for people who are in the thick of it and offers a space to ask the questions you haven't been able to ask.

Bookings: <https://stmarksdp.org/whats-on/>

