

# The Three C's Cafe

## Check in, Connect and Chat



Monday 16th May 1030-1130hrs AEST  
Wednesday 25th May 830-1930hrs AEST

The Global Nurses & Midwives Rotary Club (GNMRC) is offering an exciting opportunity to connect nurses of mental health, community, general surgical and midwifery from across the country (and later the globe.) Cafe sessions allow for a collegial virtual space to meet and be reminded that no matter how far apart we are, through our nursing and midwifery, we are never alone in our experiences.

The Three C's Cafe Check in, Connect and Chat is a virtual cafe space facilitated by members of the GNMRC who have been trained to offer a supportive environment for nurses and midwives to share mutual experiences, concerns and feelings in a confidential, safe space.

The cafe sessions are available via a zoom link which you will be given once you register for a session. Each cafe session will last one hour. Several sessions will be offered each month. You can attend as many sessions as you like.

For more information about the The Three C's Cafe and how to register go to the [3 C's Cafe page](#) on the GNMRC Website

If you have any questions contact  
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