

THERE IS NO CHARGE FOR CANCER SUPPORT SERVICES

Phone-in and Drop-in

- During crisis
- For support or information
- A quiet place to sit and rest or read

Bereavement Support

- For families who lose a member through cancer

Massage and Reflexology

Writing therapy

Wig library

Volunteer transport

- To Radiation Therapy or Doctor's appointments if family and friends are unable to help

Acupuncture

Fees apply for Acupuncture as this is an external provider

Jacaranda Lodge provides:

Low cost accommodation

- For country outpatients
- For families of Hospital patients who live at a distance from the hospital

Cancer Support office hours

8.30am - 5.00pm Monday - Thursday

8.30am - 3.00pm Friday

Finding your way

Take the Hospital entrance at the Fox Valley Medical & Dental Centre, 187 Fox Valley Rd. The San Cancer Support Center is located at Jacaranda Lodge, opposite the Beattie complex.

Discounted parking available.



Map correct at time of printing



185 Fox Valley Road, Wahroonga NSW 2076

Ph: 02 9487 9061 / 9487 9062

Fax: 02 9487 9266 Email: support@sah.org.au

www.sah.org.au

A division of **Adventist HealthCare** Limited ABN 76 096 452 925

Cancer Support

Caring for you and your family



0250/CS/1113/PR



The Cancer Support Centre and Jacaranda Lodge were founded in 1993 to provide support for all people in the community affected by cancer.



The Cancer Support Centre provides:

Education lectures

- Breast Cancer
- Prostate Cancer
- Bowel Cancer
- Lung Cancer
- Stress Management
- Nutrition & Cancer
- Sexuality & Cancer
- Cancer & the Mind
- Exercise & Cancer
- Survivorship

Family members are welcome to attend Education Lectures

Support groups

- General Group (weekly)
- Relaxation / Meditation (weekly)
- Breast Cancer (fortnightly)
- Breast Cancer - Young Women (fortnightly) during school term
- Prostate Cancer (twice monthly)
- Bowel Cancer (fortnightly)
- Lung Cancer (fortnightly)
- Life After Loss - Bereavement course
- Look Good Feel Better (monthly)
- Neuroendocrine Tumor & Carcinoid Syndrome (monthly)
- Stoma Group (monthly)

New groups formed following sufficient interest

Financially assisted by Northern Sydney Local Health District-NGO Grant Program.

Personal and Family Support Counselling

- At Diagnosis
- During and After Treatments
- Associated Family Stress
- Telephone Counselling
- Ward Visits

Information

- Cancer Council Booklets
- Medical Journals
- Books
- CDs / DVDs
- Internet Information

For more information

On services, times and dates for lectures and support group meetings, or to book a counselling session, massage or reflexology please call us on 02 9487 9061, or visit www.sah.org.au.