

DECEMBER

Bowel Cancer Group

Thursday 7 | 10am -12 noon

Breast Cancer Group

Tuesday 5, 19 | 1.00pm — 2.30pm

Lung & Respiratory Cancer Group

Thursday 14 | 10am - 12 noon

Mindfulness Meditation

Every Thursday |10.30am—11.30am

Neuroendocrine Tumour & Carcinoid Syndrome Group

(no meeting in December)

Prostate Cancer Group

(no meeting in December)

Stoma Group

(no meeting in December)

Young Women's Breast Cancer Group

Wednesday 6 | 10.30am —12.30pm

General Cancer Group

(no meeting in December)

Look Good Feel Better (Bookings essential)

Tuesday 12 | 10.00am —12.30pm

Yoga

Tuesday 5, 12 | 2.00pm — 3.00pm



The Cancer Support Centre is assisted by Adventist Health Care and the NSW Health NGO Grant Program. Our services are free to both public and private patients, regardless of where treatment has been provided.

CHRISTMAS CLOSURE:

The Cancer Support Centre will be closed for the Christmas break from 3pm, Friday 22 December and re-opens 8.30am, Wednesday 10 January 2018.

If you need support during this time, please contact your health professional or the Cancer Council on 13 11 20

For more information:

Phone 9487 9061

Email support@sah.org.au

SUPPORT GROUPS

- Bowel Cancer
- Breast Cancer
- Breast Cancer—Young Women
- General Cancer
- Lung Cancer
- Neuroendocrine Tumour & Carcinoid Syndrome
- Prostate Cancer
- Stoma Group
- Mindfulness Meditation

For more information about the services and support we provide or to make an appointment for counselling or reflexology, please call us on 9487 9061.

PERSONAL & FAMILY COUNSELLING

- At diagnosis
- During and after treatment
- Associated family stress
- Telephone counselling
- Ward visits

PHONE OR DROP IN

- For support and information
- During crisis
- A quiet place to sit in a non-clinical atmosphere

INFORMATION & RESOURCES

- Cancer Council booklets
- Books & articles
- DVD's & CD's

BEREAVEMENT SUPPORT

- For families who lose someone through cancer
- Life After Loss (5 week course)

SUPPORT PROGRAMS

- Look Good Feel Better workshops
- Life Story Writing
- Art Therapy

WIG LIBRARY

A range of wigs and headwear in a variety of styles and colours, for loan at no cost.

REFLEXOLOGY & ONCOLOGY MASSAGE

Available by appointment

VOLUNTEER TRANSPORT

To Radiation Therapy and Doctor's appointments at the Sydney Adventist Hospital if family and friends are unable to assist.

SUPPORT GROUPS 2017

Bowel Cancer Group

Alternate Thursdays | 10.00am-12noon

Breast Cancer Group

1st & 3rd Tuesday in month | 1.00pm-2.30pm

Breast Cancer Group—Young Women

Alternate Wednesdays
10.30am-12.30pm
(Not held during school holidays)

Neuroendocrine Tumour and Carcinoid Syndrome Group

Contact the Centre
for meeting dates

General Cancer Group

Contact the Centre for more information

Lung and Respiratory Cancer Group

Alternate Thursdays | 10am -12noon

Prostate Cancer Group

2nd Monday bi-monthly | 2.30pm
4th Monday in month | 7.00pm

Stoma Group

1st Wednesday in month | 10.00am-11.45am

Mindfulness Meditation

Every Thursday | 10.30am—11.30am

Look Good Feel Better

Monthly Workshops—bookings essential
Contact the Centre for dates and/or to book

CONTACT US

Address: Jacaranda Lodge
Sydney Adventist Hospital
185 Fox Valley Road
Wahroonga NSW 2076

Phone: 9487 9061

Email: support@sah.org.au

Web: www.sah.org.au/CancerSupport



Directions:

Enter via Entry 2 (Fox Valley Medical & Dental Centre entrance). For those with mobility restrictions, there are a few car parks directly outside Jacaranda Lodge. For those who are mobile, please park behind Jacaranda Lodge. To access parking, turn left at the roundabout (just before Beattie Complex), drive to **the bottom of the hill** and turn right. Continue along to the end of this driveway and you can park behind Jacaranda Lodge.

*Sydney Adventist Hospital, a division of Adventist Health Care
Limited ABN 76 096 452 925 | MED/CSC/0916*

What's on in DECEMBER

at the Cancer Support Centre



2017

Located in Jacaranda Lodge

Phone: 9487 9061

Email: support@sah.org.au