

## ABOUT US

The General Cancer Group is held every 4th Thursday at the Cancer Support Centre located in Jacaranda Lodge.

This group is for patients and their partners or support persons dealing with any type of cancer, regardless of where treatment has been received.

## WHY A SUPPORT GROUP?

By joining a support group you can spend time with people who are “in the same boat”. It is a safe place to give and receive support, share ideas and experiences.

Although different cancers bring their own unique issues, the challenges of living with any cancer can be hard.

The General Cancer Support Group can be a safe place where you can:

- Share feelings and challenges
- Receive emotional, psychological and moral support
- Manage emotions and lessen anxiety and depression
- Learn from and help others in a similar situation
- Discuss practical information about living with cancer
- Connect with others, feel a sense of belonging
- Enjoy empathy, laughter and friendship
- Feel empowered and hopeful
- Regain a sense of control



The San Cancer Support Centre, established in 1993, offers support to anyone affected by cancer diagnosis.

Services are free to both public and private patients, regardless of where treatment has been provided.

The Centre offers a warm, friendly and informal environment and everyone is welcome to drop in.

Our services include:

## SUPPORT GROUPS

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

## EDUCATION FORUMS

Forums are held throughout the year on a variety of relevant topics. Please enquire at the Cancer Support Centre.

Family members, friends and carers are welcome to attend support groups and education forums.

The Cancer Support Centre is assisted by  
Adventist Health Care and the NSW Health  
NGO Grant Program

## 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 between appointments
- A place for carers or family members to wait for patients having treatment

## INFORMATION & RESOURCES

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

## BEREAVEMENT SUPPORT

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

## SUPPORT PROGRAMS

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

## 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 doctors' appointments at the Sydney Adventist Hospital, if family and friends are unable to assist.

## General Cancer Support Group meeting dates

**WHERE:** Cancer Support Centre  
Jacaranda Lodge  
Sydney Adventist Hospital

**DAY:** 4th Thursday of month

**DATES:** 27 July  
24 August  
28 September  
26 October  
23 November  
TBC December

**TIME:** 1.00pm - 3.00pm

**PARKING:** \$6 flat rate  
in hospital visitors car park  
with validation of parking  
ticket at the Cancer Support  
Centre

**ENQUIRIES:** 9487 9061  
support@sah.org.au



### 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*



# General Cancer Support Group

at the Cancer Support Centre



## 2017