

# MARCH

## **Bowel Cancer Group**

Thursday 2, 16, 30 | 10am -12noon

## **Breast Cancer Group**

Tuesday 7, 21 | 1pm—2.30pm

## **Living With Cancer Group**

Thursday 23 | 1pm—3pm

## **Lung & Respiratory Cancer Group**

Thursday 9, 23 | 10am -12noon

## **Meditation**

Thursdays | 10am -12noon

## **Neuroendocrine Tumour & Carcinoid Syndrome Group**

Thursday 16 | 1.30pm—3.00pm

## **Prostate Cancer Group**

Monday 27 | 7pm

## **Stoma Group**

Wednesday 1 | 10am—11.45am

## **Young Women's Breast Cancer Group**

Wednesday 8, 22 | 10.30am—12.30pm

## **Look Good Feel Better (Bookings essential)**

Tuesday 14 | 10am—12.30pm

## **Yoga**

Tuesday 7, 14, 21, 28 | 1.30pm—2.30pm

## **Life Story Writing — 6 week course (Bookings essential)**

Wednesday 29 | 10.30am —12.30pm



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.

### **REGISTER NOW FOR:**

**LIFE STORY WRITING (6 week course commencing 29 March 2017)**

**ART THERAPY (10 week course commencing June 2017)**

#### **For more information or to book:**

Phone: 9487 9061

Email: [support@sah.org.au](mailto:support@sah.org.au)

### **SUPPORT GROUPS**

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

New groups develop following sufficient interest.

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 a member 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 | 10-12noon

### Breast Cancer Group

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

### Breast Cancer Group—Young Women

Alternate Wednesdays  
10.30am-12.30pm

(Not held during school holidays)

### Neuroendocrine Tumour and Carcinoid Syndrome Group

Please contact the Centre  
for meeting dates

### Living With Cancer Group

4th Thursday in month | 1—3pm  
(contact the Centre for more information)

### Lung and Respiratory Cancer Group

Alternate Thursdays | 10-12noon

### Prostate Cancer Group

2nd Monday bi-monthly | 2.30pm  
4th Monday in month | 7pm

### Stoma Group

1st Wednesday in month | 10-11.45am

### Meditation

Each Thursday | 10-11am  
Support Group follows | 11-12noon

### Look Good Feel Better

Monthly Workshops (bookings essential)  
Tuesdays | 10-12.30pm

## 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 MARCH

at the Cancer Support Centre



# 2017

Located in Jacaranda Lodge

Phone: 9487 9061  
Email: support@sah.org.au