

SEPTEMBER

Bowel Cancer Group

Thursday 14, 28 | 10am -12 noon

Breast Cancer Group

Tuesday 5, 19 | 1.00pm — 2.30pm

Lung & Respiratory Cancer Group

Thursday 7, 21 | 10am - 12 noon

Mindfulness Meditation

Every Thursday |10.30am—11.30am

Neuroendocrine Tumour & Carcinoid Syndrome Group

Thursday 21 | 1.30pm—3.00pm

Prostate Cancer Group

Monday 25 | 7pm

Stoma Group

Wednesday 6 | 10am—11.45am

Young Women's Breast Cancer Group

Wednesday 6, 20 | 10.30am —12.30pm

General Cancer Group

Thursday 28 | 1.00pm –3.00pm

Look Good Feel Better (Bookings essential)

Tuesday 19 | 10.00am —12.30pm

Yoga

Tuesday 5, 12, 19 | 1.30pm — 2.30pm



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.

WHAT'S NEW:

CANCER COUNCIL FREE LEGAL & FINANCIAL SEMINAR

Wednesday 6 September | 1.30pm
To register, call 9487 9061

MINDFULNESS MEDITATION

Every Thursday 10.30am—11.30am

GENERAL CANCER SUPPORT GROUP

Monthly, 4th Thursday | 1.00pm—3.00pm

For more information call 9487 9061 or 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

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

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 SEPTEMBER

at the Cancer Support Centre



2017

Located in Jacaranda Lodge

Phone: 9487 9061

Email: support@sah.org.au