

January 2012



THE CANCER SUPPORT CENTRE PROVIDES:

Bowel Cancer Group

Thursday 12
10 - 12noon

Breast Cancer Group

Tuesday 10, 17, 24, 31
1.00 - 2.30pm

Breast Cancer Group Young Women

(in recess)

General Group

Wednesday 4, 11, 18, 25
10-12noon

Gynaecological Cancer Group

Monday, 16
10 - 12noon

Look Good Feel Better

Workshop - Tuesday 24
10-12.30pm

Lung & Respiratory Cancer Group

Thursday 19
10 - 12noon

Meditation

Thursday 5, 12, 19
10 - 12noon

Neuroendocrine Tumour and Carcinoid Syndrome Group

Thursday 12
1.30 - 3pm

Prostate Cancer Group

(in recess)

Stoma Group

(in recess)

SUPPORT GROUPS

- Bowel Cancer (fortnightly)
- Breast Cancer (weekly)
- Breast Cancer—Young Women (fortnightly)
(Does not meet during school holidays)
- General Group (weekly)
- Gynaecological Cancers (monthly)
- Lung Cancer (fortnightly)
- Neuroendocrine Tumour & Carcinoid Syndrome (monthly)
- Prostate Cancer (twice monthly)
- Stoma Group (monthly)
- Meditation (weekly)
- Look Good Feel Better (monthly)

New groups develop following sufficient interest

EDUCATION LECTURES

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

*Family members are welcome to attend
Education Lectures*

ACUPUNCTURE (Consultation Fee)

MEDICAL QI GONG (Associated Fee)

PHONE-IN AND DROP-IN

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

PERSONAL & FAMILY SUPPORT COUNSELLING

- At diagnosis
- During and After Treatments
- Associated Family Stress
- Telephone counselling
- Ward visits

INFORMATION

- Cancer Council Booklets
- Medical Journals
- Books
- DVD's/CD's
- Internet information

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 at the Sydney Adventist Hospital if family and friends are unable to assist.

For more information, times and dates for lectures and support group meetings, or to book a counselling session, massage or reflexology, please call us on 9487 9061

Supported by NSW Health NGO Grant Program

SUPPORT GROUPS 2012

Bowel Cancer Group

Alternate Thursdays 10-12noon

Breast Cancer Group

Tuesdays — 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

Third Thursday—1.30-3pm

General Group

Wednesdays—10-12noon

Gynaecological Group

3rd Monday each month
10-12noon

Lung and Respiratory Cancer Group

Alternate Thursdays—10-12noon

Prostate Cancer Group

2nd Monday in month 2.30pm
4th Monday in month 7pm

Stoma Group

1st Wednesday in month 10-11.30am

Meditation

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

Look Good Feel Better

Monthly Workshops
Tuesdays 10-12.30pm

FINDING YOUR WAY....

Take the Hospital entrance at the Fox Valley Medical & Dental Centre, 187 Fox Valley Rd. The boom gate will automatically open. Drive around behind the Hospital. Jacaranda Lodge is beside the tennis courts. Discounted parking is available.



Sydney Adventist Hospital
Cancer Support Centre
185 Fox Valley Road
Wahroonga NSW 2076

Telephone: (02) 9487 9061

Email: support@sah.org.au

Website: www.sah.org.au/Cancer-Support

Office Hours: 8.30am-5.00pm Monday - Friday



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What's On at the
Cancer Support
Centre

Tel: 9487 9061

Caring for you and your family