

## ABOUT THE PROGRAMME

Mindfulness Meditation is held weekly at the San Cancer Support Centre.

It is open to people who are interested in learning and exploring different and deepening mindfulness and meditation practices.

Mindfulness Meditation can help manage the challenges of diagnosis, tests and treatments as well as sleep issues and healing.

Regular practice can help minds and bodies become calm and relaxed, as well as help reduce stress and anxiety.

The Mindfulness based stillness Meditation programme will include a mixture of theory and practice in each session. New participants can commence at any time and no previous experience is necessary.

The programme is available for patients, their partners or support persons, irrespective of where they have received treatment or the type of cancer.

## PROGRAMME FACILITATOR - MELISSA HOWDEN

Melissa has a background in yoga and meditation practices and is dedicated to the teaching of yoga and meditation as tools for promoting wholeness, peace of mind and healing.



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
- Mindfulness 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.

## Mindfulness Meditation programme dates

**Introductory session 13 July**  
**Programme starts 20 July**

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

**DAY:** Every Thursday

**TIME:** 10.30am - 11.30am

**COST:** FREE

**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](mailto: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](mailto:support@sah.org.au)  
**Web:** [www.sah.org.au/CancerSupport](http://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*

# Mindfulness Meditation



at the Cancer Support Centre



# 2017