

SUPPORT GROUPS

**SAN
CANCER SUPPORT
CENTRE
JACARANDA LODGE
SYDNEY ADVENTIST
HOSPITAL
185 FOX VALLEY ROAD,
WAHROONGA**

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

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

**Cancer Support Groups
and Education are
available free to cancer
patients, irrespective of
where treatment was
provided.**

**People who attend
support groups report
positive outcomes
through:**

- **Feeling less isolated**
- **Improved knowledge**
- **Excellent sharing of experiences**
- **Improved quality of life**
- **Feeling supported and nurtured**

Bowel Cancer Group

Alternate Thursdays — 10.00am to 12.00noon

Breast Cancer Group

1st & 3rd Tuesdays in month — 1.00pm to 2.30pm

Young Women's Breast Cancer Group

Alternate Wednesdays — 10.30am to 12.30pm
(not held during school holidays)

Lung & Respiratory Cancer Group

Alternate Thursdays — 10.00am to 12.00noon

General Cancer Group

4th Thursday in month — 1.00pm to 3.00pm

Neuroendocrine Tumour & Carcinoid Syndrome Group

Thursday - Bi Monthly — 1.30 m to 3.00pm

Mindfulness Meditation

Every Thursday — 10.30am to 11.30am

Prostate Cancer Group

Bi—Monthly 2nd Monday in month — 3.00pm
Monthly 4th Monday in month — 7.00pm

Stoma Group

1st Wednesday in month — 10.00am to 11.45am

Look Good Feel Better

Monthly workshops — bookings essential
Tuesdays — 10.00am to 12.30pm