

## FAMILY & FRIENDS SUPPORT GROUP MEETING DETAILS:

**WHERE:** Cancer Support Centre  
Jacaranda Lodge and via ZOOM  
Sydney Adventist Hospital

**TIME:** 12.00 pm– 1.00 pm

**DAY:** Tuesday

### DATES:

Month	Date
February	3 <sup>rd</sup>
March	3 <sup>rd</sup>
April	7 <sup>th</sup>
May	5 <sup>th</sup>
June	2 <sup>nd</sup>
July	7 <sup>th</sup>
August	4 <sup>th</sup>
September	1 <sup>st</sup>
October	6 <sup>th</sup>
November	3 <sup>rd</sup>
December	1 <sup>st</sup>

**ENQUIRIES:** (02) 9480 9061  
[cancersupport@sah.org.au](mailto:cancersupport@sah.org.au)

**PARKING:** \$10 flat rate – in hospital visitor's car park with validation of parking ticket at the Cancer Support Centre.

## CONTACT US

**Jacaranda Lodge**  
Sydney Adventist Hospital  
185 Fox Valley Road, Wahroonga NSW 2076

**Phone:** (02) 9480 9061  
**Email:** [cancersupport@sah.org.au](mailto:cancersupport@sah.org.au)



### DIRECTIONS:

Enter via Entry 2 (Ludowici Way). Entry closest to Comenarra Parkway. 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.

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185 Fox Valley Road, Wahroonga NSW 2076

Ph: 02 9480 9111 | Fax: 02 9480 9266 [www.sah.org.au](http://www.sah.org.au)

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**San**  
**Cancer Support**  
**Centre**



Patient information



## ABOUT US

The Family & Friends Group meets on the first Tuesday of each month 12.00pm—1.00pm.

Meetings are open to anyone diagnosed with cancer or those who have a loved one with a cancer diagnosis

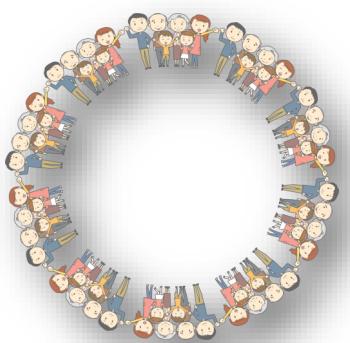
Meetings will be held onsite at the centre and on zoom.

## WHY A SUPPORT GROUP?

Many men and women find attending such a group assists them in their journey through:

- Meeting others 'in the same boat' and finding you are not alone
- Learning how others have dealt with some of the challenges you may have been facing
- Relaxing in a safe place with others who understand how you may be feeling, the hopes and the fears
- A supportive, non-threatening environment

The group facilitator is a qualified counsellor with a special interest in grief and bereavement, as well as a yoga and meditation instructor. Guest speakers are occasionally invited to speak on a range of topics, such as current clinical information, health and wellbeing topics i.e. exercise, mindfulness, and stress management.



The San Cancer Support Centre was established in 1993 and offers support to anyone affected by cancer diagnosis.

Services are FREE to both public and private patients, regardless of where the treatment has been provided.

## 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.

## 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 undergoing treatment

## INFORMATION & RESOURCES

- Cancer Council booklets
- Books, DVD's & CD's
- Brochures and printed materials on a variety of topics

## BEREAVEMENT SUPPORT

- For families who have lost a relative through cancer
- Bereavement support group and grief workshops

## WELLBEING PROGRAMS

- Look Good Feel Better workshops
- Yoga classes
- Meditation & Photography
- Art Therapy
- Yarn Group

## WIG CORNER

A range of wigs, headwear, and scarves in a variety of styles and colours, for loan at no cost.

## EXERCISE CLASSES

## ONCOLOGY MASSAGE

## REFLEXOLOGY

## ACUPUNCTURE

## HAIRDRESSER

Available by appointment.

## VOLUNTEER TRANSPORT

To Radiation Therapy appointments at Sydney Adventist Hospital when family and friends are unable to assist

