

## GYNAECOLOGICAL CANCER SUPPORT GROUP:

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

**TIME:** 12.00-1.30

**DAY:** Thursday

### DATES:

Month	Date
February	19 <sup>th</sup>
March	19 <sup>th</sup>
April	16 <sup>th</sup>
May	14 <sup>th</sup>
June	11 <sup>th</sup>
July	9 <sup>th</sup>
August	20 <sup>th</sup>
September	17 <sup>th</sup>
October	15 <sup>th</sup>
November	19 <sup>th</sup>
December	10 <sup>th</sup>

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

**PARKING:** \$10.00 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.

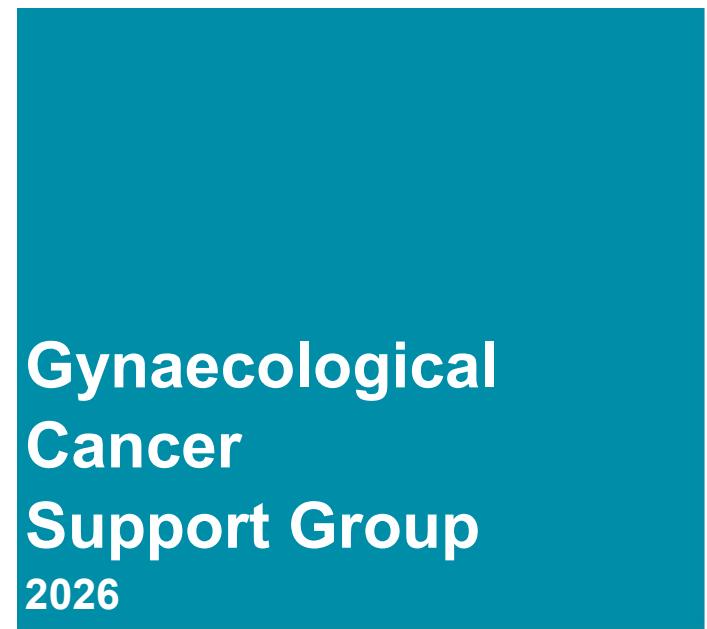
A teaching hospital of  Australian National University | Partner in nursing education  Avondale UNIVERSITY | Proudly supported by  San FOUNDATION

185 Fox Valley Road, Wahroonga NSW 2076

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

Operated by Adventist HealthCare Limited ABN 76 096 452 925

San  
Cancer Support  
Centre



## ABOUT US

The Gynaecological Cancer Support Group meets monthly on a Thursday from 12.00pm—1.30pm.

Meetings are available to all those who have been impacted by Gynaecological Cancers.

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 will be facilitated by the San Gynaecological Cancer Patient Navigator and one of the Cancer Support Centre Counsellors. Guest speakers are occasionally invited to speak on a range of topics, such as current clinical information and 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
- Exercise & Yoga classes
- Mindfulness & Photography
- Art Therapy
- Crochet Circle

## WIG CORNER

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

## ONCOLOGY MASSAGE

## REFLEXOLGY

## AUPUNCTURE

Available by appointment.

## VOLUNTEER TRANSPORT

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

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

