

METASTATIC BREAST CANCER SESSION DETAILS:

WHERE: Cancer Support Centre
Jacaranda Lodge
Sydney Adventist Hospital
TIME: 10.30am to 12.30pm
DAY: Friday

Month	Date
February	20 th
March	20 th
May	15 th
June	19 th
August	21 st
September	18 th
October	16 th
November	20 th
December	9 th

ENQUIRIES: (02) 9480 9061
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

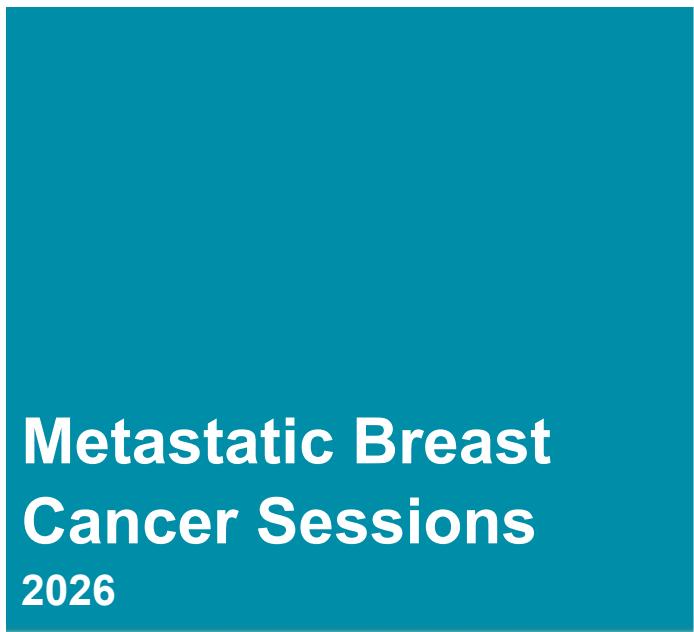


DIRECTIONS:

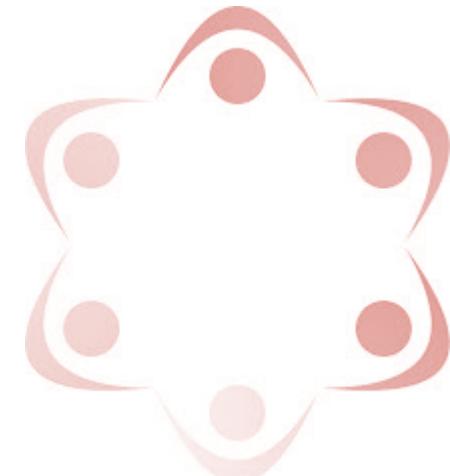
Enter via Entry 2 (Ludowici Way). Entry closest to Comenarra Parkway. For those with mobility restrictions, there are a few car parks directly outside Jacaranda Lodge.

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.

San
Cancer Support
Centre



Patient information



A teaching hospital of



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185 Fox Valley Road, Wahroonga NSW 2076

Ph: 02 9480 9111 | Fax: 02 9480 9266 www.sah.org.au

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ABOUT US

Metastatic Breast Cancer Sessions are held monthly on a Friday at the San Cancer Support Centre in Jacaranda Lodge.

These sessions are available to all women with metastatic breast cancer, irrespective of where treatment is being received.

WHAT TO EXPECT?

These sessions have been designed to provide patients with information in a relaxing, safe, space.

A guest speaker presents on a specific topic for the first half of the session and the second half of the session provides time to ask questions, discuss and meet fellow patients. A mixture of education and social to help you feel empowered and supported.

The sessions are facilitated by the San's McGrath Breast Care Nurse, Kate and the San Cancer Support Centre's volunteer, Deb.

Some topics that will be covered include ;

- Tips on managing side effects
- Setting Goals
- Balancing nutritional needs during treatment
- Clinical Trials

The group is interactive and suggestions regarding topics are welcome.

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 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

HAIR DRESSER

Available by appointment.

VOLUNTEER TRANSPORT

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

