

YOUNG WOMEN BREAST CANCER SUPPORT GROUP MEETING DETAILS:

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

TIME: 10.30Am to 12.30pm
DAY: Alternate Wednesdays
(Not held in school holidays)

DATES:

Month	Date
February	11 th , 25 th
March	11 th , 25 th
April	8 th

ENQUIRIES: (02) 9480 9061
cancersupport@sah.org.au

PARKING: \$8 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). 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



185 Fox Valley Road, Wahroonga NSW 2076

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

Operated by Adventist HealthCare Limited ABN 76 096 452 925



ABOUT US

The Young Women Breast Cancer Support Group meets fortnightly on a Wednesday during school terms at the San Cancer Support Centre in Jacaranda Lodge and via Zoom.

This group is available to all young women with breast cancer, irrespective of where they are undergoing treatment.

WHY A SUPPORT GROUP?

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

- Meeting others 'in the same boat' and finding you are not alone
- Information about your cancer
- Finding out more about your cancer treatment, the side effects and what you can do
- 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 where humour is often the best medicine!

A Breast Cancer Patient Navigator attends many meetings to answer your questions. Guest speakers are occasionally invited on a range of topics, such as current clinical information and health and wellbeing topics i.e., nutrition, exercise, mindfulness, and stress management.

San Cancer Support Centre

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
- Yarn Group

WIG CORNER

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

ONCOLOGY MASSAGE

REFLEXOLOGY

ACUPUNCTURE

Available by appointment.

VOLUNTEER TRANSPORT

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

