

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	4 th
March	4 th
April	1 st
May	6 th
June	3 rd
July	1 st
August	5 th
September	2 nd
October	7 th
November	4 th
December	2 nd

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 (Fox Valley Medical & Dental Centre entrance). 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

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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San
Cancer Support
Centre

Family & Friends Group 2025

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

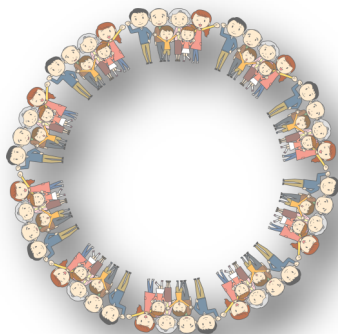
Meetings will be held onsite at the centre and on zoom.

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
- Crochet Circle

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

Available by appointment.

VOLUNTEER TRANSPORT

To Radiation Therapy and doctors' 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.

