

## METASTATIC BREAST CANCER SESSION DETAILS:

**WHERE:** Cancer Support Centre  
Jacaranda Lodge  
Sydney Adventist Hospital

**TIME:** 10.30am to 12.30pm

**DAY:** Tuesday

Month	Date
February	18 <sup>th</sup>
March	18 <sup>th</sup>
April	15 <sup>th</sup>
May	20 <sup>th</sup>
June	24 <sup>th</sup>
July	15 <sup>th</sup>
August	19 <sup>th</sup>
September	16 <sup>th</sup>
October	21 <sup>st</sup>
November	18 <sup>th</sup>
December	9 <sup>th</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 (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 Jacaranda Lodge.

A teaching hospital of



Australian  
National  
University

Partner in nursing education



Proudly supported by



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**

# Metastatic Breast Cancer Sessions 2025

Patient information



## ABOUT US

Metastatic Breast Cancer Sessions are held monthly on a Tuesday 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 Counsellor Ann.

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
- 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.

