

## PROSTATE CANCER SUPPORT GROUP MEETING DETAILS:

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

**TIME:** 7.00 pm – 8.00 pm

**DAY:** Mondays

### DATES:

Month	Date
February	28 <sup>th</sup>
April	26 <sup>th</sup>
July	11 <sup>th</sup>
August	22 <sup>nd</sup>
October	24 <sup>th</sup>

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

**PARKING:** \$7 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)  
**Web:** [www.sah.org.au/cancer-support](http://www.sah.org.au/cancer-support)



## 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.

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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

# Prostate Cancer Support Group 2022

Patient information



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 **CANCER SUPPORT CENTRE**

## ABOUT US

The Prostate Cancer Support Group meets bi-monthly on a Tuesday at the San Cancer Support Centre in Jacaranda Lodge.

This group is available to all men with prostate cancer, irrespective of where they are undergoing treatment.

## WHY A SUPPORT GROUP?

Many men 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 Prostate 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.



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.

**This group is also conducted via ZOOM through the Web portal below.**

The **San Cancer Support Web Portal** offers members up to date calendar of events, resources, as well as useful links to information for both patients and carers.

*Log in as a guest to get started at*  
**[www.sancancersupport.org](http://www.sancancersupport.org)**

**Login: Guest User (case sensitive)**

**Password: SanSupport**

## 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.

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

## 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 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
- Printed materials on a variety of topics

## BEREAVEMENT SUPPORT

- For families who have lost family through cancer
- Life After Loss (5-week course)

## WELLBEING PROGRAMS

- Look Good Feel Better workshops
- Exercise & Yoga classes
- Life Story Writing
- Art Therapy

**WIG CORNER** - a range of wigs, headwear, and scarves in a variety of styles and colours, for loan at no cost.

## REFLEXOLOGY & ONCOLOGY MASSAGE

Available by appointment.

**VOLUNTEER TRANSPORT** - To treatment and Doctor appointments at Sydney Adventist Hospital when carers and family are unable to assist.