

What's On in May

Southern Cancer Support Centre

Programs

Yoga

Every Monday from 1pm - 2pm recommencing May 4th

Bowen Therapy

Every second Thursday

Reflexology

Monthly by appointment

Exercise Physiologist - by referral

Rest and Reset

Every Friday 10 am by walk in

Oncology Massage

Appointments available every first and third Friday of the month

Centrelink

Fortnightly by appointment

Walking Group

Fortnightly on alternating Wednesdays and Fridays 10am - 12noon.

BYO Craft Group

Fortnightly Tuesdays 10.30am -12.30pm. Drop in with your own project, no registration required.

Art Program

Every fourth Wednesday 1-3 pm

Qi Gong-Triabunna

Thursdays 10-11 a.m-registration essential

Managing Stress during a Cancer Diagnosis Workshop-Woodbridge

Thursday May 7th 11 am -2 pm-registration essential

Support groups

Metastatic Breast Cancer

Second Wednesday of the month 2pm - 4pm.

Prostate Cancer

Third Tuesday of the month 2pm - 4pm.

All Cancers

Fourth Thursday of the month 2pm - 4pm

Registration is required for all programs, unless otherwise stated.

Southern Cancer Support Centre

15 Princes Street, Sandy Bay, Tasmania 7005

1300 65 65 85 | supportservicessouth@cancertas.org.au





Managing stress during a cancer diagnosis

Please come and join our free wellbeing workshop with Dr. Rebecca Chabot. With over 25 years in the field of wellness and a PhD in science, Rebecca provides a scientific approach to restoring balance to the mind, body and emotions.

This complimentary workshop is for anyone who is impacted by cancer whether it be your own diagnosis or that of a loved one. This workshop will focus on stress management techniques using breathwork and body awareness as tools to help manage the challenges associated with a cancer diagnosis.

Light lunch and hot drinks will be provided.

Time : 7th of May from 11am-2pm

Location: Woodbridge Community Hall, 3445 Channel Hwy in Woodbridge

Registrations are essential. For more information or to register to attend please email supportservicessouth@cancertas.org.au or call 1300 65 65 85.

What's On in May

Northern Cancer Support Centre

Programs

Centrelink

Appointments available first and third Monday of the month

Exercise Physiology

One on one appointments

Strength and Balance Class

Commencing Wednesday 20th May 2-3 p.m.

Oncology Massage

Appointments available every Tuesday morning.

Reflexology

Appointments available every second Tuesday afternoon.

Wig service

By appointment or walk-in

Tai Chi

Every Tuesday from 11am - 12noon

Craft Group

Every second and fourth Thursday of the month 1.30pm - 3pm

Knitting Nook Group-all types of needlework

Every second and fourth Thursday of the month 12-1 30 p.m.

Wendy's Games Group

First Friday of the month 11am - 12.30 pm

Walking Group

Every Friday 10am - 11am

Coffee Club

Every Friday 11am-12pm

Look Good Feel Better Workshops

Check website www.lgfb.org.au for upcoming dates.

Living well with Cancer Program

Commencing June 16th-July 7th - registration essential

Northern Cancer Support Centre

69 Howick Street, Launceston, Tasmania 7250

1300 65 65 85 | supportservicesnorth@cancertas.org.au

Support groups

Men's All Cancer

Second Thursday of the month 10am - 12noon

Women's All Cancer

First Tuesday of the month 1.00pm-2.30pm

Registration is required for all programs.



What's On in May

North West Cancer Support Centre

Programs

Men's All Cancer Support Group

Support Centre Devonport - last Thursday of the month at 2pm.

Cancer Support Group Burnie

Enquire with support staff for enrolment and information.

Look Good Feel Better Workshops

Check website www.lgfb.org.au for upcoming dates.

Wig Service

By appointment at the Support Centre and NWCC.

In the community

- Oncology Massage appointments.
- Centrelink appointments.
- Tai Chi.
- Outreach support in the Community by appointment.
- Face to Face support at the NW Cancer Centre Mon, Tuesday and Thursday.

Dixon's Pharmacy Wynyard

Face to Face support Thursday 7th May 1 30-4 pm by appointment.

Please contact pharmacy on 6442 2132 or NW support team to book.

Registration is required for all programs.

North West Cancer Support Centre

1300 65 65 85 | supportservicesnw@cancertas.org.au
Suite 2 / 45 Best Street, Devonport, Tasmania 7310

If you would like to see a Supportive Care staff member in our North West Centre please contact us to book a time.

