

# Information Programs



The aim of all our programs is to provide opportunities for connection, support and information at all stages of the cancer experience in a welcoming, non-judgmental atmosphere.

For further information and registration forms, please visit the Mater website: [www.materhospital.com.au](http://www.materhospital.com.au)

## Registration and further information

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Tuesday, Wednesday and Thursday  
8.00 am - 4.30 pm.



### Patient Information

## Breast cancer information programs at the Mater



The Patricia Ritchie Centre  
for Cancer Care & Research  
13 Gillies Street, North Sydney 2060  
Tel: (02) 9923 7290  
Fax: (02) 9923 7262

[www.materhospital.com.au](http://www.materhospital.com.au)

ABN 36 054 594 375



## Early Breast Cancer - 6 week Information and Support Series

A six week series held 4 times per year for women dealing with early breast cancer.

A program designed for women who are dealing with early breast cancer. Female family and friend support team members are welcome. Evidence suggests that attending an information and support program can be very beneficial in dealing with the many issues raised by diagnosis. The program can be accessed at any point in the cancer experience from diagnosis to post treatment. For those who are working or having treatment, individual sessions can be attended although most benefit is gained from starting in the first week. All sessions are also attended by 2 peer support volunteers who share their lived experience of dealing with cancer.

### Look Good Feel Better

Workshops to promote wellbeing and assist with appearance related side effects of cancer treatment.

Register online at [www.lgfb.org.au](http://www.lgfb.org.au) or call 1800 650 960.

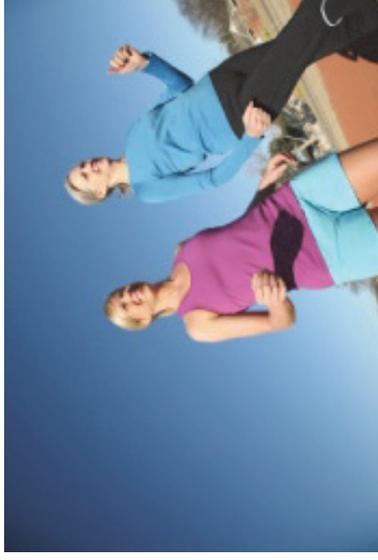
### Additional Activities

- An annual post breast cancer treatment seminar
- A varied range of seminars and workshops are held each year covering issues such as sexuality and body image, genetics and communicating with partners and children.
- Art Therapy courses are held bi-annually for post treatment patients.

## Breast Foot Forward

A monthly walking group for women at any stage of the early breast cancer journey.

This program is designed to provide an opportunity to meet with other women during or after treatment to motivate and encourage each other to undertake gentle exercise in an outdoor natural environment.



### Where / when?

Bicentennial Park, cnr Small Street and Willoughby Road, Willoughby in the Children's Playground area. There is a sun protected table area and public toilets nearby. It is a level walk with regular seating in a natural bush setting. Prams/ strollers welcome. Female friends and family supporters and young children are welcome.

**Every third Wednesday of the month 10am-12noon**

## Young Women's Meetings

For young women at all stages of treatment. It is a forum to discuss issues with particular relevance for young women in a re-assuring, welcoming environment. Workshops are held 3 or 4 times per year.

## Meditation Group

A 30 minute guided weekly meditation session is available to all patients at 1.15pm each Tuesday (except in School Holidays) in the McAuley Patient Lounge. No bookings/registration required. The session is uplifting, welcoming and peaceful.

## Advanced Breast Cancer Group

*(This group is established as a collaboration between the Northern Sydney Cancer Centre, Royal North Shore Hospital and the Patricia Ritchie Centre for Cancer Care and Research, Mater Hospital).*

This is an open group for women dealing with breast cancer that won't go away – that is, recurrent advanced/metastatic breast cancer. This type of diagnosis is extremely stressful, and adjusting to metastatic disease is often more difficult than the initial breast cancer diagnosis.

Research has found that support groups can really help in adjusting to living with breast cancer that won't go away. In particular the supportive expressive group support model has been found to be very beneficial in dealing with the many issues raised by metastatic breast cancer.

## Peer Support Volunteers

Volunteers are post treatment and trained to use their lived experience to offer one on one support and information to patients dealing with a range of breast cancer related issues.