

**Our mission** is to deliver effective cancer support services that provide our members with help, understanding and empowerment.

**HELP:** We support clients through their cancer journey, when newly-diagnosed, while receiving medical treatment or after treatment. We help our clients to feel that they are not alone. They find help in the services provided by the Centre.

**HOPE:** Hope is kindled through sharing, the provision of information and belief in a positive outcome. We work to restore hope.

**UNDERSTANDING:** Our therapists help our clients to find perspective, acceptance and desire. We help clients to search for more answers, and to find a healthier state of body and mind.

## Get In Touch



195 Glen Osmond Road,  
Frewville SA 5063



(08) 8272 2411



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www.cancercarecentre.org.au

## Follow us



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## Complementary Therapies and Support



Supporting you in  
your cancer journey by offering:

- Oncology and lymphatic massage
- Courses on healthy diet and lifestyle
- Professional counselling
- Support groups
- Meditation



## **Cancer Care Centre Inc. is an innovative, non-profit organisation providing complementary cancer support services.**

Support is available to people in Adelaide and South Australia affected by cancer – including patients, their family members, carers and friends.

People who have been diagnosed with cancer often seek support services outside of their clinical (medical) environments, seeking the benefits that can be felt alongside their medical treatment.

The Centre provides its members with a warm, friendly and non-clinical environment – an open door into a safe haven. Each person's cancer journey is respected, with the opportunity to share their story with skilled therapists – and others who are on the same journey.

## **We support individuals and families to empower themselves as they travel the cancer journey**

## **Our Services**

The Centre provides a wide range of services. Those most sought-after are:



### **Counselling**

To promote mental health and wellbeing, enhance self-understanding, and resolve identified concerns.



### **Workshops and Retreats**

To deepen knowledge and share experiences.



### **Massage therapies**

Including Oncology massage and manual lymphatic drainage (lymphoedema)



### **Support groups**

Informal discussion and support in a relaxed environment



### **Meditation**

Group sessions; harnessing the health benefits



### **Library resources**

An extensive collection of cancer-related resources.



### **Biography service**

An opportunity to share your life story, an autobiographical history, or record of special reflections, times or events.

A full list of the services we provide can be found at our website [www.cancercarecentre.org.au](http://www.cancercarecentre.org.au)

Every Service at the Centre is provided by a willing, caring volunteer.

All practitioners are experienced in assisting people with cancer and are fully qualified.

Many of our staff have experienced cancer personally or have supported relatives affected by cancer.

## **Get Started Today**

Call us on (08) 8272 2411 or visit our Centre on weekdays between 9.30am and 4.30pm.

Our team can provide support through offering a free 1-hour Pathways appointment which can enable clients to talk about their experience and explore how they can empower themselves to have more control over their lives.

## **Become a member**

Cancer Care Centre Membership is provided for anyone affected by cancer. This includes cancer patients, their families and carers wishing to embrace their wellbeing.

Membership to the Centre enables you to enjoy the full benefits of all the programmes, courses and therapies on offer. For a modest annual fee, you will receive:

- + Services at a reduced price
- + Free copies of Healthy Living Magazine
- + Access to our Resource Centre
- + Priority access to workshops and events
- + Connect with CCC amazing network and be supported

