

## **SUPPORT GROUPS, PROGRAMS & INFORMATION**

For information on support networks for Bowel Cancer, Ovarian Cancer or Lung Cancer  
**Contact: - Dolph Ph: 8384 9266**

### **Sea Breathers Support Group**

Last Friday of the month 10.00am-12.00pm, Christies Beach Sailing Club  
For people with lung related diseases, their family and carers.

**Contact: Christene Ph: 8381 1977**

### **Look Good – Feel Better Program**

Workshops to help people undergoing or about to undergo treatment for Cancer.  
Learn how to manage changes in your skin, hair and general appearance and wellbeing.

**Contact on 1800 650 960**

**Contact: Heather Ph: 8370 4119**

[www.lgfb.org.au](http://www.lgfb.org.au)

### **Meditation for Better Health**

**Seaford** Southern Primary Health  
Wednesdays 9.30-10.30am (school terms)

**Contact: Christy Ph. 8392 4500**

**Aldinga** –Southern Primary Health

**Contact: Thia Ph: 8557 9500**

**Noarlunga Village** - Southern Primary Health

**Contact: Veronique Ph: 8384 9266**

**Inner Southern-Clovelly Pk** - Southern Primary Health

**Contact: Maxine Ph. 8277 2488**

### **Noarlunga Breast Cancer Support Group**

1<sup>st</sup> Wednesday of month 1.00pm-3.00pm  
Southern Women's Community Health Centre

**Contact: Shirley Paull Ph: 85562179**

### **Prostate Cancer Support Group**

1<sup>st</sup> Wednesday of month 6.30pm-9.00pm  
Board Room, Noarlunga Hospital

**Contact: John Shields Ph: 8382 6671**

[www.PCSOG.org](http://www.PCSOG.org)

[www.Prostratehealth.org.au](http://www.Prostratehealth.org.au)

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### **The Beautiful Vegie Patch Gardeners Group**

For all people affected by a cancer diagnosis within the past two years. Meets weekly on Tuesday 10am-12.30pm at the S.E.M. Centre, Seaford

**Contact: Cynthia Ph: 8392 4500**

### **Southern Fleurieu Cancer Support Group**

**Victor Harbour**

Centre opens 10.00am-4.00pm, Mon.-Frid. at 2 George Main Road Victor Harbour.

**Ph: 8552 9304**

### **Leukaemia Foundation - Coffee morning groups**

Meeting monthly between 10.00 am- 12.00noon.

- Southern Fleurieu Cancer Support Group.

**Victor Harbour**

- Southern Primary Health – **Noarlunga Village**

**Ph: Judy, Leukaemia Foundation 1800 620 420**

### **Ostomy Support Group & Visiting Service**

For anyone with a prosthetic Stoma.

Meets Bi monthly at Stn Primary Health - Noarlunga Village

**Contact: Val Macey Ph: 8381 1646**



## **Courses**

Six week courses are held regularly throughout the year.

**Living Well With Cancer – Coping with Cancer** –For anyone affected by cancer. Guest speakers discussing the physical, social & emotional aspects of life with cancer. **Contact: Dolph Ph: 8384 9266**

**CANCER VOICES SA** is a consumer advocacy group that represents the views of South Australians whose lives have been affected by cancer. **Ph 8291 4343**

[www.cancervoicessa.org.au](http://www.cancervoicessa.org.au)

**The Cancer Council of SA** **Ph: 8291 4111**  
[www.cancersa.org.au](http://www.cancersa.org.au)

**The Cancer Council Helpline** **Ph: 13 11 20**

**The Cancer Care Centre** **Ph: 8272 2411**  
[www.cancercarecentre.org.au](http://www.cancercarecentre.org.au)

**Leukaemia Foundation** **Ph: 1800 620 420**  
[www.leukaemia.org.au](http://www.leukaemia.org.au)

**Lung Cancer** **Ph: 1800 818 545**  
[www.lungnet.com.au](http://www.lungnet.com.au)

**Childhood Cancer Assoc.** **Ph: 8239 1444**

**CANTEEN** – for young people living with cancer **Ph: 8186 7488**  
[www.canteen.org.au](http://www.canteen.org.au)

**Palliative Care:** [www.caresearch.com.au](http://www.caresearch.com.au)

**CARERS SA** **Ph: 1800 242 636**  
[www.carers-sa.asn.au](http://www.carers-sa.asn.au)

**CARER SUPPORT** **Ph: 1800 059 059**  
[www.carersupport.org.au](http://www.carersupport.org.au)

**Tayen Park – Clare** – 8 day courses, meditation retreats and counselling. **Ph: 0428 507 756**  
[www.stephentaylor.com.au](http://www.stephentaylor.com.au)

For **enquiries** or to receive our **newsletter** please contact: Cancer Support Network – Onkaparinga  
**Contact: Dolph Ph: 8384 9266**

Email: [cancersupport@saugov.sa.gov.au](mailto:cancersupport@saugov.sa.gov.au)

