

March 2019

Art Therapy for Young People

This is a 2 hour workshop for young people aged 15-30 impacted by cancer. This is a space to explore your cancer journey, no artistic talent or experience required. This session will be facilitated by an Art Therapist and CCT staff.

When: 17 April 10am-12pm

Contact Sarah 6169 1900
(Registration required)



Women's Wellbeing Workshop #balance for better Tuesday 5 March: 10-2.30pm



To celebrate International Women's Day come along to a workshop for women affected by cancer. The theme for the day is balancing our need, knowledge, creativity and coming together. There will be something for everyone with guest speakers including a psychologist, an art therapist and the crew from Look Good Feel Better.

To register call 6169 1900

Programs and Activities

Parent Support Group

A new support group open to adults diagnosed with cancer who have children living at home. The group will meet on the second Tuesday of each month starting in April from 10am-12pm.

Next meeting: 9 April

Contact Sarah 6169 1900
(Registration required)

Huon Valley Support Group

A cancer support group that meets in Huonville open to men and women and their partners from 10am-12pm

Next meeting: 19 March

Contact Sarah 6169 1900
(Registration required)

Wig Service

Our **free** service is available to Tasmanians experiencing hair loss as a result of their cancer treatment. Pop in any time and choose a suitable wig from our extensive range. New wigs arrive regularly.

Home Palliative Care

Primary Health Tas is holding meetings for Glamorgan Spring Bay community members who are interested in palliative and end of life care.

The meeting dates are as follows:

Bicheno/Coles Bay: 5 March

Swansea: 5 March

Triabunna: 7 March

For more information contact :

Christine Materia Ph: 6213 8200

Email: CMateria@primaryhealthtas.com.au

Transport to Treatment

A no cost service for patients who otherwise could not get to cancer treatment. This service is made possible by our dedicated and caring volunteer drivers who undertake appropriate training. **Bookings essential as places are limited. Talk to your clinical treatment provider for more information.**



Celebrate. Remember. Fight Back.

Relay for Life

Relay For Life Hobart is a fun and moving overnight experience where friends, family and colleagues can come together to **CELEBRATE** local cancer survivors, patients and their carers, **REMEMBER** loved ones lost to cancer and **FIGHT BACK** through

fundraising and participating in a 20-hour Relay style challenge.

When: March 23, 2019 1:00 pm – March 24, 2019 9:00 am (20 hour duration)

Where: Domain Athletics Centre

Why: Because cancer never rests, so neither should we.

Register: www.relayforlife.org.au

Contact: Anthony Edwards / aedwards@cancertas.org.au

What's on in March (RR: Registration Required)

Monday	4	1000 Hearts Sewing Group 1.30-3.30
Tuesday	5	Women's Wellbeing Workshop 10-2.30 (RR)
Wednesday	6	Exercise Physiology 9.30-1.30 (RR) Yoga, Wildheart Sandy Bay 2-3 (RR)
Thursday	7	Mindfulness & Meditation 11-12 (RR)
Friday	8	United Yellow Business Lunch, Blundstone Arena 12-2
Monday	11	Public Holiday: Centre closed
Tuesday	12	Myeloma Support Group 10-12 (RR)
Wednesday	13	Carers Support Group 10-12 (RR) Exercise Physiology 12.30-4.30 (RR) Yoga, Wildheart Sandy Bay 2-3 (RR)
Thursday	14	Mindfulness & Meditation 11-12 (RR) Bowen Therapy (RR) Prostate Cancer Support Group 1.30-3.30 (RR)
Friday	15	Semi Colons Support Group 2-4 (RR)
Monday	18	Centrelink Appointments (by appointment only) 10.15-2.15 Expression Through Art 1-3 (RR)
Tuesday	19	Huon Valley Support Group, Huonville 10-12 (RR)
Wednesday	20	Exercise Physiology 9.30-1.30 (RR) Yoga, Wildheart Sandy Bay 2-3 (RR)
Thursday	21	Mindfulness & Meditation 11-12 (RR)
Friday	22	Head and Neck Support Group 10-12 (RR)
Thursday	28	Hobart Generic Support Group 10-12 (RR) Mindfulness & Meditation 11-12 (RR) Bowen Therapy (RR)

Please don't hesitate to call the Centre on 6169 1900 or visit 15 Princes Street, Sandy Bay if you'd like any further information on any of the services provided by Cancer Council Tasmania.

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