

SCGH WEEKLY PROGRAMME –December 2011

PLEASE PHONE TO MAKE AN APPOINTMENT – 9346 7630

Please leave 4 days
between sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
Rose	9.30 x 2 10.30 x 2 11.30am x 2 PRANIC HEALING Patricia Williams Colleen Coccaro	9.30 – 10.30am Group Activity MEDITATION FOR RELAXATION Ann Weinberg	9.45 x 2 10.45 x 2 11.45am x 2 BOWEN THERAPY Ramzi Peska (7 th & 14th only)	9.30 x 2 10.30 x 2 11.30am x 2 REIKI Lila Flegg Wk 1 John McQuade Wk 2 Marjorie McKercher	11.30 am–1.00pm Group Activity REMEDIAL MAKE UP Wk 2 Julia Cattalini
Lavender	9.30 10.30 11.30am HEALING TOUCH Wk 1 Jane Meiklem Wk 2 Christine McGillivray	9.30 10.30 11.30am REIKI Wk 1 Ula Panotidis	9.30 10.30 11.30am RELAXATION MASSAGE Tim Fisher (7 th & 14th only)	9.30 10.30 11.30am AROMATHERAPY MASSAGE Irene Brannigan	9.30 10.30 11.30am COUNSELLING Li-Anne Yellachich
Sanctuary		9.30 10.30 11.30am PRANIC HEALING Wk 1 Bronwyn Langlands	9.30 10.30 11.30am HEALING TOUCH Christine McGillivray		9.30 10.30 11.30am REIKI Wk 1 Bob Stimpson
	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
Rose	1.30 x 2 2.30 x 2 3.30pm x 2 REIKI Sharon Prince Grant Panting	1.00 - 2.15pm Group Activity EXPRESSIVE ART THERAPY Wk 1 Anna Petterson 2.30 3.30pm RELAXATION MASSAGE Wk 1 Junko Cockerill 1.30 x 2 2.15 x 2 3.00pm x2 BOWEN THERAPY Wk 2 Bill Hughes	1.30 2.30 3.30pm REFLEXOLOGY Gemma Bebbington	1.00 2.00 3.00pm PRANIC HEALING Wk 2 Rae Yorg 2.00 – 3.30pm Group Activity Qi GONG Alan Donelly	1.00 2.00 3.00pm HEALING TOUCH Wk 1 Claire Jenkins
Lavender	1.00 2.00 3.00pm COUNSELLING Sjoukje Tarbox	1.30 2.30 3.30pm REIKI Wk 1 Sue Ntoumenopoulos Wk 2 Anne McKellar		1.00 2.00 3.00pm COUNSELLING Sjoukje Tarbox	
Physio		1.30pm-3.00pm Group Activity JOURNAL WRITING GROUP Georgina Mavor			

EVENTS AT SOLARISCARE



To our wonderful supporters, patients, carers and volunteers we wish you a safe and Happy Christmas.

The SCGH Centre will be closed from 12pm, 23rd December 2011 and will reopen in January on the 9th January 2012 at 10am. January hours will be between 10am-2pm Monday to Friday.

Remedial Make Up Fridays 11.00am - 1.00pm

In this group activity a Remedial Beauty Therapist will demonstrate how to do simple and quick make up, particularly focusing on eyebrows and colour. All make-up products used are anti-microbial and safe to use while undergoing cancer treatment. This therapy specialises in camouflage and concealers for scarring and redness.

Journal Writing Group Tuesdays 1.30 – 3.00pm

Psychologist Georgina Mavor is bringing her passion for writing to the Centre in the form of a new group activity. For cancer patients and carers, the Journal Writing Group offers a safe space in which to reconnect with deeper parts of ourselves through writing, to be heard by others and to be refreshed and invigorated. No writing expertise required, listen to the small voice within and follow the impulse that calls. Notebook and writing tools provided.

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CANCER SUPPORT CENTRE **Complementary Integrated Therapies** **Information Service**

This is a free service to all Cancer Patients and their Carers in WA

Complementary integrated therapies are those treatments and supportive care given alongside the mainstream cancer treatments of surgery, radiotherapy and chemotherapy.

Their purpose is to improve quality of life and assist in reducing physical and psychological distress to achieve the best possible health outcome.

We are also a drop-in centre so feel free to come in and chat to our wonderful volunteer staff or spend some time relaxing between your hospital appointments.

**For information and bookings phone
Reception (08) 9346 7630**

THE CENTRE IS OPEN 9.30am - 4.30pm

MONDAY to FRIDAY

SolarisCare Foundation

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