



Solaris Cancer
Care



Cancer Support Services

If you or someone you know has been affected by cancer Solaris Cancer Care is here to support you.

solariscancercare.org.au

Centres

Our centres provide a quiet place for you to relax, reflect and connect, while receiving a range of information, resources, and therapies.

Solaris Cottesloe

Monday – Friday, 8.30am – 4.30pm
80 Railway Street, Cottesloe WA 6011
T 9384 3544
E csmcottesloe@solariscancercare.org.au

Solaris Sir Charles Gairdner Hospital (SCGH)

Monday – Friday, 8.30am – 4.30pm
Ground Floor Comprehensive Cancer Centre
DD Block, Nedlands WA 6009
T 6383 3475
E csmcscgh@solariscancercare.org.au

Solaris St John of God Subiaco (SJOG)

Monday – Friday, 9.00am – 5.00pm
Suite 208, 25 McCourt Street,
St John of God Hospital, Subiaco WA 6008
T 9388 9788
E csmsjog@solariscancercare.org.au

Solaris Joondalup

T 6205 9550
E joondalupsupport@solariscancercare.org.au

Solaris South West

Monday – Friday, 9.00am – 4.30pm
72 Brittain Road, Bunbury WA 6230
T 9791 1559
E csmsw@solariscancercare.org.au

Solaris Great Southern

Tuesdays – Thursdays, 8.30am – 4.30pm
91-93 Earl Street, Albany WA 6330
T 6831 2369
E csmgs@solariscancercare.org.au

Solaris Pilbara

Pilbara Cancer Support Worker
M 0484 244 526
E pilbarasupport@solariscancercare.org.au

Cancer support for you

We know that cancer affects every part of your life.

That is why we have been providing cancer support services to the WA community for over 20 years. Our evidence-based approach can help you feel more informed, empowered, and supported. We offer a range of ways to learn and experience how simple lifestyle changes can support your health and wellbeing.

Solaris Cancer Care provides free information and supportive services to adults affected by cancer, their families, carers, and the wider community.

Courses and Workshops

We offer a range of courses and workshops that can support you at any stage including diagnosis, active and post-treatment, end of life and bereavement.



To see our full range of courses and workshops, visit our website at solariscancercare.org.au/get-support/monthly-centre-timetables and download the program under 'Solaris Cancer Care' or scan the QR code.

Complementary Therapies



Research has shown that complementary therapies may assist with symptoms associated with cancer treatment including pain, nausea, fatigue, anxiety, and depression.

We offer a range of complementary therapies across our centres, such as:

- Acupuncture
- Bowen therapy
- Healing touch
- Hypnotherapy
- Massage (hand & foot, Indian head, relaxation, oncology)
- Pranic healing
- Reflexology
- Reiki

To find out what is offered and to book a session, please call your nearest centre.

Wellness Activities



We offer a range of wellness and exercise activities across our centres, both individual and group sessions such as:

- Exercise Your Way
- Meditation
- Various types of yoga (gentle, restorative, yoga Nidra, yin yoga and 1:1 yoga)
- Qi Gong
- Pilates (introduction to Pilates, Pilates Matwork and 1:1 Pilates)
- Art therapy

Please call your local centre for further information about sessions offered and to book a spot.

Counselling



Mental and emotional wellbeing is an essential part of our overall wellness. Seeing a counsellor to address cancer-related issues can ease the sense of isolation you may feel and help you find ways to face the challenges ahead. We have highly qualified counsellors with extensive experience in providing support to people impacted by cancer who are available to support you and your family, during and after your cancer treatment.

We offer:

- Face to face counselling and hospital visits
- Phone counselling
- Online counselling (Skype/Zoom)

To discuss how we can best support you, feel free to contact us on **9384 3544** or call your nearest centre.

Support Groups



No one should go through cancer alone. That's why our professionally facilitated online and in-person support groups are for patients and carers. Face to face support groups take place at our Cottesloe centre and online support groups are accessible from the comfort of your own home.

- **Wellness Group** – Tuesday, 10am – 12pm (weekly at Solaris Cottesloe)
- **Support Circle** – Wednesday, 10am – 12pm (weekly online via Zoom)
- **Younger Peoples Support Group Online (26-49 years)** – Friday, 10.00am – 11.30am (last Friday of each month, online via Zoom)

How you can get involved

We rely on donations from individuals, local businesses, and the corporate sector to ensure we continue to offer services and therapies across WA.

- To make a donation, visit www.solariscancercare.org.au
- Consider holding your own fundraising event and get your friends, colleagues or family involved
- Give in celebration – whether a birthday, anniversary or special occasion, consider asking for donations in lieu of gifts
- Get your company involved
- Consider leaving a gift in your will

T 9384 3544

E fundraising@solariscancercare.org.au

If you wish to get involved as a volunteer, please call us or email info@solariscancercare.org.au.

Thank you for your support.



Solaris Cancer
Care

Helping people affected
by cancer to live well



solariscancercare.org.au