



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](https://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](mailto: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 [csmscgh@solariscancercare.org.au](mailto:csmscgh@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](mailto:csmsw@solariscancercare.org.au)

### **Solaris Pilbara**

Pilbara Cancer Support Coordinator  
M 0484 244 526  
E [pilbarasupport@solariscancercare.org.au](mailto: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.

## Support Groups



No one should go through cancer alone. That's why our professionally facilitated online and in-person support groups are for people affected by cancer and their carers. We offer face-to-face support groups at our Cottesloe centre and online support groups which are accessible from the comfort of your own home.

Please email [csmcottesloe@solariscancercare.org.au](mailto:csmcottesloe@solariscancercare.org.au) or call **9384 3544** to find out what support groups are currently on offer.

## 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 at our centres, both individual and group sessions such as:

- Meditation
- Various types of yoga
- Qi Gong
- Pilates (for various levels)
- Sound Healing
- Feldenkrais
- Tai Chi
- Walking groups
- Nutrition

Please call your local centre for further information about the 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 (Zoom/Skype)

To discuss how we can best support you, please contact us at **9384 3544** or call your nearest centre.

## Courses and Workshops



We offer a range of courses and workshops that cover topics ranging from Advanced Health Directives, caring for someone affected by cancer, nutrition, wellbeing, self-compassion and more 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](https://solariscancercare.org.au/get-support/monthly-centre-timetables) and download the program under 'Solaris Cancer Care' or scan the QR code.

# 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](http://www.solariscancercare.org.au)** or text *Solaris* to **0400 662 662**.
- 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](mailto:fundraising@solariscancercare.org.au)

If you wish to get involved as a volunteer, please call us or email **[info@solariscancercare.org.au](mailto:info@solariscancercare.org.au)**.

Thank you for your support.



Helping people affected  
by cancer to live well



**[solariscancercare.org.au](http://solariscancercare.org.au)**