

South West Monthly Program – January 2024

W: Weekly

F: Fortnightly

M: Monthly

■ Group Session

■ Individual Appointments

■ Workshop/Course

MORNING (AM) APPOINTMENTS										
MONDAY	TUESDAY			WEDNESDAY			THURSDAY			FRIDAY
9.30	9.30			9.30	10.30	11.30	9.30	10.30	11.30	9.30 10.30 11.30
CrewSirs Men's Walking Group (W) With John 8 th 15 th 22 nd & 29 th	Meditation Group (W) with Ed & Paul 2 nd 9 th 16 th 23 rd & 30 th			Bowen (W) with Hayden 3 rd 10 th 17 th 24 th & 31 st			Reiki with Denise 18 th			Bowen (W) with Hayden 5 th 12 th & 20 th
8.30	9.00	10.15	11.30	9.30	10.30	11.30	9.30	10.30	11.30	
CanSir Men's Walking Group (W) with Garry/Sandy 8 th 15 th 22 nd & 29 th	Counselling (W) with Judy 2 nd 9 th 16 th 23 rd & 30 th			Relaxation Massage (F) with Robyne 3 rd 10 th 17 th 24 th & 31 st			Reiki with Lina			
9.30 10.30 11.30	11.00						9.30	10.30	11.30	
Bowen (W) with Hayden 8 th 15 th 22 nd & 29 th	Tai Chi (W) with Les 2 nd 9 th 16 th 23 rd & 30 th						Reiki/Energy Balance with Julie 11 th & 25 th			
9.30										
Craft Group (F) With Betty 15 th & 29 th										

AFTERNOON (PM) APPOINTMENTS							
MONDAY	TUESDAY		WEDNESDAY			THURSDAY	FRIDAY
	2.00		1.30	2.30	3.30	3.00	
	Sound Meditation (F) with Karen 9 th & 23 rd		Reiki (W) with Vera 3 rd 10 th 24 th & 31 st			Hypnotherapy (W) with Marie 4 th 11 th 18 th & 25 th	
	1.00	2.00					
	H&F Massage (F) with Maree 9 th & 23 rd						
	1.30	2.30	3.30				
	Reiki with Denise 23 rd & 30 th						
	1.30	2.30					
	Bowen (F) with Nanette 2 nd 16 th & 30 th						

Please phone **9791 1559** to make an appointment. The therapies listed in this program are subject to change.

All services are free of charge and provided through the generous contributions of our volunteers.



It is thanks to donations from the community that we can continue providing free support services to people affected by cancer. Please consider making a donation at the reception desk, online via our website solariscancercare.org.au, or scan the QR code.

We thank you for your support.

Centre News

Solaris Op Shop Bunbury – Now open!

Opening hours: Mondays & Tuesdays, 10.00am to 2.00pm

Location: 72 Brittain Road, Bunbury

Feel free to pop in and have a browse at the quality clothing we have on offer! For any queries about our Op Shop, please email csmsw@solariscancercare.org.au or phone 9791 1559.

Follow us on:



Solaris Cancer Care South West

JANUARY PROGRAM 2024

Offering free support and information services to all adult cancer patients and their primary carers

Complementary Therapies
Support & Counselling
Information & Education Services
Library & Resources
Drop-in Centre
Relaxation Lounge
Garden

For bookings or information please contact us on

P: 9791 1559

E: csmsw@solariscancercare.org.au

Or visit

72 Brittain Road, Bunbury WA 6230

Monday – Friday
9.00am – 4.30pm