

BECOME A LIFE FORCE SUPPORTER

Name: _____

Address: _____

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Email: _____

Tel: _____

- I would like to receive the Life Force Newsletter
- I would like to help Life Force Cancer Foundation. My donation of \$ _____ is enclosed

OR

- I would like to join the "FRIENDS for LIFE" monthly giving program. Please accept my monthly donation of \$ _____

PAYMENT OPTIONS:

- Cheque made payable to:
LIFE FORCE FOUNDATION Ltd
PO Box 331, Westgate, NSW, 2048

- Visa M/Card

Card No: _____ / _____ / _____ / _____

Exp date: _____ / _____

Cardholder's Name (please PRINT)

Signature: _____

DONATIONS OF \$2 + ARE TAX DEDUCTIBLE

♥ *Thank you for your support* ♥

LIFE FORCE CANCER FOUNDATION PHILOSOPHY



HEALING THE WHOLE

The World Health Organisation definition of health is 'a state of physical, emotional and psycho-logical well-being'. We must treat more than just the disease; we must treat the whole human being.

Our philosophy is based on:

- ♥ Recognition of each individual as a whole human being; physical, emotional, psychological and spiritual.
- ♥ The belief that healing takes place on many levels.
- ♥ Recognition and acknowledge-ment of the experience of cancer as trauma, and the need for appropriate and supportive care for patients, families and carers.
- ♥ The belief in a balanced approach to health care and the right of the individual to have access to psychosocial support in dealing with illness.
- ♥ Recognition of the value of group work as a powerful tool for healing.



LIFE FORCE CANCER FOUNDATION

ABN 61 068 056 682 CFN 15707 DGR 428809

Supporting PEOPLE living with cancer since 1993

Patrons:
Gabi Hollows
Prof. Michael Friedlander



PROGRAMS FOR PEOPLE DEALING WITH THE EXPERIENCE OF CANCER

- ♥ **Weekly Support Groups**
- ♥ **Retreats**
- ♥ **Individual Counselling**
- ♥ **Telephone Counselling**
- ♥ **Grief Counselling**

Telephone: (02) 9568 0747 or 9564 3289
E-Mail: info@lifeforce.org.au
Internet: www.lifeforce.org.au

LIFE FORCE CANCER FOUNDATION

Life Force Cancer Foundation is the key organisation in Sydney providing emotional/psycho-social support for people dealing with the experience of cancer.

The Foundation is a registered charity that was established in 1993 in direct response to medical evidence showing the need for ongoing psycho-social support for people living with cancer.

AIMS

- ♥ To provide emotional and social support for people dealing with the whole experience of cancer, encouraging expression of feelings in a safe and caring environment.
- ♥ To develop personal skills and strategies for coping with the associated stress and anxiety of the condition and treatment, restoring confidence and enhancing quality of life.
- ♥ To assist patients to gain maximum benefit from their treatment regimens, by promoting communication and co-operation between patients and health care providers.

Life Force Cancer Foundation offers an integrated program to meet the psycho-social needs of people living with cancer, with each element or component supporting and reinforcing the others.

PROGRAMS OFFERED FOR THE PROMOTION OF HEALING AND WELLBEING

PATIENTS' & SURVIVORS' SUPPORT GROUPS

These ten-week courses give cancer patients the opportunity to overcome feelings of isolation, by sharing their experiences with other people in similar situations. There are guided discussions in how to communicate feelings to doctors, family and friends. Meditation and creative visualisation are used to assist in managing overwhelming feelings.

- ♥ Meetings are held in Sydney's Eastern Suburbs and the Inner West



Trained facilitators and counsellors guide all groups

**COST: \$10 per meeting
(Concessions available)**



CARERS' GROUP

The role of carer is a difficult and stressful one. Regular meetings provide an opportunity to share thoughts and feelings with others in a similar situation, helping to put them into perspective in a supportive environment. By taking care of their own needs, caregivers are then able to continue more effectively in their role.



IMPORTANT NOTE:

It is ESSENTIAL to register your interest and confirm all meeting details before joining our groups

**PLEASE CALL:
9564-3289 | 9908 1702**



RETREATS FOR CANCER PATIENTS, SURVIVORS AND CARERS

Retreats are held four times a year, in a beautiful country location. It is widely understood now that emotional well-being plays an important role in recovery, supporting the immune system and maximising healing potential. The retreats are designed to introduce a number of activities that can be helpful in achieving and maintaining a feeling of well-being.

These weekends for patients and carers feature various life-affirming activities, such as vision quest, creativity workshops, massage or reflexology, reiki, yoga and meditation.

Past participants have expressed finding a renewed enjoyment in life, a sense of peace and a feeling of increased vitality.

All meals, using delicious, wholesome food, are included. Special dietary needs can be catered for.

