

**DATE:** 2<sup>nd</sup> Friday of the month  
**TIME:** 10am to 11am  
**VENUE:** The Wesley Hospital Choices Cancer Support Centre, Drysllwyn House,  
47 Cadell Street Auchenflower (it's the big early 1900s heritage house)

## FINDING COMFORT IN SPIRITUALITY

Stress and anxiety are added side-effects when dealing with a cancer diagnosis. In these circumstances people often become increasingly aware and sensitive to their spiritual selves and spiritual needs and so it is important to find ways to nurture the soul along with everything else. Spiritual care may be another way for people to manage their cancer diagnosis, its side effects, and its potential threat to life.

To help you find inner peace and connection you are invited to join sessions facilitated by Wesley Hospital Chaplains on the second Friday of each month.

For more information please contact Choices - Phone 3377 9874 or email [choices@uchhealth.com.au](mailto:choices@uchhealth.com.au)

Free parking available.

**Support and information contacts:**

FREE CALL	1800 227 271
Clinical Nurse Manager	07 3377 9871 0417 622 652
Peer Support Coordinator	07 3377 9874
Email	<a href="mailto:choices@uchhealth.com.au">choices@uchhealth.com.au</a>