

Sanctuary Stay



3 Night Programme

*Specifically tailored residential programme
that has been delivered at LARCC since 2002*

'Before I came to LARCC I didn't know what to expect, but I was really looking forward to it. The staff in LARCC are fantastic and the place is really relaxing. The most important thing were the group sessions, I couldn't underline enough how beneficial they were, it was really therapeutic, as the other people were on the same level playing field. If I was paid to find a fault I couldn't find one, words don't do it enough justice. To know it you have to experience it.' George

'I felt like a new woman, I learned from other people that were in the group. I got loads of information and really enjoyed the week and the peace. The week was just for me, me only and nobody else. It really, really helped me.'
Mary

Typical Sanctuary Three Night Program activities:

Arrive Monday: Arrive and meet over lunch, followed by group counselling.

Evening - Dinner followed by group meditation

Tuesday: Breakfast followed by group work
Afternoon - Lunch followed by relaxing
one to one Complementary therapy.
Evening – Cookery Class

Wednesday: Morning – Continental style Breakfast
followed by trip to Belvedere House & Gardens
Afternoon - Lunch followed by relaxing
one to one Complementary therapy.
Evening - Supper followed by free evening

Depart Thurs: Morning - Breakfast followed by
Group closing session.



2018 Dates available

September – 10th / 11th / 12th

October – 8th / 9th / 10th

November – 12th / 13th / 14th

*Some dates are subject to change. Specific dates
for groups can be booked by prior arrangement*

Cost for Sanctuary Stay €345pp

Capacity on Sanctuary Stay – minimum 4 people,
maximum 6 if sharing.

Booking is essential.

Enquiries from groups or individuals are welcome.

Cost for Sanctuary Stay €345pp

with various methods of payment available,

including support group funding, self-funding via
deposit & stage payments or gift vouchers

Cancer Support Sanctuary LARCC, Multyfarnham, Co. Westmeath

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