

Sanctuary Stay

2 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 Two Night Program activities:

Arrive Tuesday: Arrive and meet over lunch, followed by group counselling.
Evening - Dinner followed by group meditation.

Wednesday: Morning – Continental style Breakfast followed by group work
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

February 20/21 (booked out)

March 6/7

Apr 10/11

May 8/9 (booked out)

Jun 12/13

Cost for Sanctuary Stay €210pp

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 €210pp

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

Tel: 044 9371971 / Callsave 1850 719719

Email: info@cancersupport.ie Web: www.cancersupport.ie