

# 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 opening session.

Evening - Dinner followed by group meditation OR gentle Yoga.

Wednesday: Morning – Continental style Breakfast followed by trip to Belvedere House

Afternoon - Lunch followed by relaxing one to one Complementary therapy.

Evening - Supper followed by relaxation through art OR invited professional for group talk on relevant topics.

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

### 2017 June to Dec Dates available

**June – 13/14**

**July – Booked out**

**August – Booked Out**

**September – 13/14**

**October – Booked Out**

**November – 14/15**

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

**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.

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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](mailto:info@cancersupport.ie) Web: [www.cancersupport.ie](http://www.cancersupport.ie)