Sanctuary Stay

CANCER SUPPORT SANCTUARY
LARCC

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 / gentle Yoga.

Wednesday: Morning – Continental style Breakfast followed by group work
Afternoon - Lunch followed by relaxing one to one Complementary therapy.
Evening - Supper followed by Relaxation through Group Art / Guest Speaker.

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

2016 Dates available
February 9 /10
March 8 / 9
Apr 12/13
May 17/18
Sept 13/14
Oct 11/12
Nov 15/16

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

Cost for Sanctuary Stay €210pp

Cancer Support Sanctuary LARCC, Multyfarnham, Co. Westmeath
Tel: 044 9371971 / Callsave 1850 719719
Email: info@cancersupport.ie Web: www.cancersupport.ie