

# 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 Sept - Dec Dates available**

**September – 11/12**

**October – 9/10**

**November – 13/14**

*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.

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

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