

# 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:

Monday: Arrive & 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

Wed: 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

Thurs: Morning - Breakfast followed by Group closing session



### 2019 Dates available

**February –11th /12th /13th**

**April – 15th /16th / 17th**

**June – 10th /11th /12th**

***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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