

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

September –23rd /24th /25th

Further dates to be confirmed

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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