

Are you undergoing treatment, or have you had breast cancer?

2020

Come along for tea, coffee or a drink and friendship.
No need to book, just turn up.

Monday morning

The Mawson Club
Heard St Mawson
9.30am - 11am

10th March*	14th April*
11th May	9th June*
13th July	10th August
14th September	12th October
9th November	14th December

* Held on Tuesday due to public holiday

Tuesday morning

Suppeto Collective
37 Jerrabomberra Pkwy
9.30am - 11am

31st March	28th April
26th May	30th June
28th July	25th August
29th September	27th October
24th November	

Wednesday evening

Tilley's Devine Cafe Gallery, Lyneham
5.30pm - 7pm

15th April	17th June
19th August	21st October
16th December	

Thursday Afternoon

Cafe Injoy
39 O'Hanlon Place, Nicholls
1.30pm - 3.30pm

27th February	30th July
26th March	27th August
30th April	24th September
28th May	29th October
25th June	26th November

Yass Coffee Group

Thursdays from 10am
2nd April - Galutzi, 93 Meehan Street
11th June - Tootsie, 289 Comur Street
13th August - Trader & Co, 92 Meehan Street
1st October - Cafe Dolcetto, 129 Comur Street
10th December - Venue TBC

Young Women's Group

Wednesday 25th March From 7pm
Deco Hotel Canberra, 214 Northbourne Ave.
See website and Facebook for further dates.

Please Note:

These are social gatherings, not formal support. If you would like support please contact the Bosom Buddies office to arrange for a member of the Support Team to make contact.



**bosom
buddies** ACT
inc
facing breast cancer together

Office Details:

0406 376 500 or 6290 1984
Monday - Thursday 9.30am - 2.30pm
admin@bosombuddies.org.au
bosombuddies.org.au
ABN 59 262 617 782

Information Sessions - 2020

Information sessions are FREE, however for catering purposes please RSVP via email to admin@bosombuddies.org.au or phone 0406 376 500

Lymphoedema

Thursday 12 March, 7pm - 9pm
Pearce Community Centre, hosted by Bosom Buddies
Guest speakers Liz Charlton and Lyn Balfour

Exercise & Strength for life

Tuesday 17 March, 7pm - 9pm
100 Maitland St, Hackett, hosted by HCCA

How to get a good night sleep

Tuesday 21 April, 7pm - 9pm
Pearce Community Centre, hosted by HCCA

Exercise - Kellie Toohey

Wednesday 13 May, 10am - 12noon
Pearce Community Centre, hosted by Bosom Buddies

Medical Cannabis

Saturday 23 May, 2pm - 4pm
100 Maitland St, Hackett, hosted by HCCA

How to stretch your health dollar

Thursday 18 June, 10am - 12noon
100 Maitland St, Hackett, hosted by HCCA

Gut Health for overall health

Tuesday 15 September, 7pm - 9pm
Pearce Community Centre, hosted by HCCA

Reconstruction - Dr Farhadieh

Thursday 17 September, 7pm - 9pm
Pearce Community Centre, hosted by Bosom Buddies

Music & Mindfulness - Harpist Alison Ware

Wednesday 11 November, 10am - 12noon
Pearce Community Centre, hosted by Bosom Buddies

Managing anxiety & depression

Tuesday 17 November, 7pm - 9pm
100 Maitland St, Hackett, hosted by HCCA



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