



Helpful Resources in the ACT region

HEALTH & WELLBEING SERVICES		
Exercise		
Canberra University Canberra Wellness Centre	6201 5843	healthclinic@canberra.edu.au www.canberra.edu.au/health-clinics
This group exercise session focuses on improving fitness and functional ability for cancer patients and survivors. Each person will be assessed and given an exercise program based on their abilities and treatment level.		
Supervised Exercise Programme via YMCA Chifley	6281 0124	
Exercise During Cancer Group Exercise Physiology Department Canberra Hospital GARRAN	(02) 5124 2573	Medical services - Canberra Health Services (act.gov.au)
A free individualised, exercise program run by exercise physiologists for people undergoing cancer treatment or who have completed treatment. Referral can be made by a GP or specialist		
Yoga		
Vital Yoga	0427 810 335	pam@vitalyoga.org.au www.vitalyoga.com.au
Runs gentle yoga for recovery after serious illness or cancer treatment classes, to regain strength, flexibility and peace of mind.		
Oncology Yoga Unit 6, 26 Francis Forde Boulevard FORDE	0439 406 577	https://changeyoga.com.au
A yoga program for people diagnosed with cancer, designed to improve mobility, stability strength and calm. Run by an accredited exercise physiologist and yoga teacher.		
Nutrition		
Nutrition Australia	6162 2583	www.actnss.org
Community Care Nutrition Service	(02) 5124 9977	Community Care Nutrition Service - Canberra Health Services (act.gov.au)
A community based service for adults 25 years and over that offers dietary assessments, advice or counselling for a range of medical conditions.		
Nutrition and Dietetics Clinic Faculty of Health Clinic, University of Canberra BRUCE	02 6201 5843	
A student led clinic that provides a range of dietary services including for people with cancer at a minimal cost.		

Counselling		
Andreea Ardeleanu 4/2 Phipps Close DEAKIN	0434 169 741	aacounselling@iinet.net.au
BCNA Helpline	1800 500 258	www.bcna.org.au
Beyond Blue	1300 224 636	www.beyondblue.org.au
Canberra Cancer Counselling	www.canberrahealthservices.act.gov.au/services-and-clinics/services/cancer-counselling	
Cancer Counselling Service	5124 9977	crcscanberpsychosocial@act.gov.au
Cancer Council Helpline	13 11 20	https://www.cancercouncil.com.au/get-support/?utm_source=&utm_content=&utm_medium=cpc&gclid=Cj0KCQjwT_qgBhDFARIsABcDjOff1a-_mgXjFUNS--QEZtikJle1_DuOJH2vWx81vX2Bw5oMxCbxDAaAr22EALw_wcB&gclsrc=aw.ds
Free confidential telephone information and support service. Specially trained staff are available to answer questions about cancer and offer emotional or practical support		
Community Health Intake	6207 9977	
Lifeline	131 114	www.lifeline.org.au
Relationships Australia	6122 7100	enquiries@racr.relationships.org.au