



Helpful Resources in the ACT region

RETREATS & RESPITE SERVICES		
Leo's Place Braddon	6171 2290 0402 822 170	stay@pallcareact.org.au leosplace.org.au
Non-clinical respite in a homeaway-from-home for people with a life-limiting illness and their families/carers. There is a direct self-referral form link at https://www.pallcareact.org.au/leos-place-referral-form/		
The Otis Foundation Shop 24, Bendigo Bank Centre VIC	(03) 544 1184	Bookings@otisfoundation.org.au Otisfoundation.org.au
Casting for Recovery Canberra	0430 450 060	info@castingforrecovery.org.au
Provide a free fly fishing weekend retreat for women recovering from breast cancer treatment.		
Carers ACT	1800 242 636 (02) 6296 9900	carers@carersact.org.au
Provides support, unpaid care and information for unpaid/family carers in the Canberra region. Provides respite care services to any carer of a child or adult with an illness.		
Carer Gateway	1800 422 737	carergateway.gov.au
A national online & phone service providing practical information/resources to support carers & on respite services.		
Palliative ACT	https://pallcareact.org.au/daisy/for-patients-families-and-carers/support-groups/	
Hearty Center	0488 809 292	Natural Alternative Cancer Retreat NSW - Hearty Center
Before or after undergoing any type of cancer treatment such as chemotherapy, radiation therapy or surgery, relax at Hearty Center where we will use all the weapons in our arsenal such as meditation, mindfulness, nutrition, and natural therapies to help you combat the treatment side effects and manage the stress and emotional devastation caused by cancer.		