



Helpful Resources in the NSW region

RETREATS & RESPITE SERVICES		
The Otis Foundation	(03) 544 1184	Bookings@otisfoundation.org.au Otisfoundation.org.au
A retreat in Victoria.		
Carer Gateway	1800 422 737	carergateway.gov.au
A national online & phone service providing practical information/resources to support carers & on respite services.		
Hearty Center	0488 809 292	<u>Natural Alternative Cancer Retreat NSW - Hearty Center</u>
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.		