

**The Haven Cancer Support Service** will offer counselling and psychotherapy to anyone who has had a cancer diagnosis and their families and friends.

A cancer diagnosis can change your life and your family's life. At The Haven Group, we are there for you throughout your journey. This includes support as you recover and also support in Palliative Care.

The practice is managed by Anne Colgan, Psychotherapist and Clinical Director of the service who has worked with the Irish Cancer Society in its Counselling Service. Building on her work there, she has developed the Haven Cancer Support Service to include:

- \* Counselling and Psychotherapy
- \* Art Therapy for Adults and Children
- \* Sand Play Therapy for Adults and Children
- \* Look Good Feel Better Programme
- \* Healing Music
- \* Weekly Group Support Meeting

### \* Work and Career Management

The **Haven Cancer Support Service** has experienced work/career counsellors who will guide you through any changes you may need to make in relation to your work. You will be supported in your return to work. Equally, if you do not want to return to the same job, we can help you choose another work role with our Isometric and Psychometric Profiling.

Our Cancer Support Service is unique in that it is available to you as you need it. For instance, you may need support at different stages of your life as you work through the changes you have made and may continue to make. The number of sessions are not limited. It is donation based.

This service is integrated into a Counselling and Psychotherapy, Creative Arts and Career Management Practice and provides autonomy and privacy to clients.

For further information, please call the Haven Cancer Support Service's confidential phone line at **085 200 9731**.