

**ROSCOMMON
CANCER
SUPPORT GROUP
BASED AT**

Vita House



Family Centre
Abbey Street, Roscommon
Telephone: 09066 25898
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e-mail vitahouse@eircom.net
Information on services

Cancer Support Group

Roscommon Cancer Support Group monthly meetings are held to support people and families affected by cancer in their lives. Guest speakers give input on relevant issues and topics and skilled confidential help is available. Meetings are usually held on the second Thursday of the month. Holistic healing evenings are held in response to the needs of the group. Phone Vita House in confidence for further details.

Vita House Mission Statement

Vita House Family Centre is to be a welcoming place that contributes to the dignity of every person, enabling us all to discover our true potential by responding to each other's needs in partnership with families and community.

Complementary Holistic Healing

Vita House offers many forms of complementary healing which can help relaxation, create awareness and thereby enable the healing of body, mind and spirit.

**At Vita House, Individual Holistic
Healing is available on Wednesdays and
Thursdays by appointment.**

Complementary Holistic Healing
includes the following:

Stress Management

Stress is an essential part of life which, if properly managed, is good for us. With our holistic therapist, you can learn stress management techniques, breathing exercises and meditation. Enjoy a relaxing aromatherapy massage with the therapeutic qualities of natural essential oils.

Indian Head Massage

Various acupuncture points of the shoulders, neck, head, scalp and face are massaged to aid relaxation, relieve headaches and eyestrain, treat sinus conditions and promote strength and growth to all hair types.

**Neuro-Linguistic Programming
(NLP) Skills for Personal
Development and Self-
Empowerment**

NLP empowers you to move beyond "stuck states" and negative behaviour and reach your true potential. Learn to bring your own inner positive resources into the present so that negative patterns quickly fade away.

Catherine Garvey- S.R.N., S.C.M. Holistic Healing Practitioner, trained in Biodynamic Psychotherapy, Relaxation and Stress Management. She has experience in the areas of Healing, Body massage and Indian Head Massage. Catherine is available for individual consultations on Wednesdays & Thursdays. Catherine presents many holistic programmes at Vita House including 'Gift to Yourself', 'Be your own best Friend and Healer', 'Coping with Stress' etc.

Programmes & Supports

Vita House offers a wide range of enrichment programmes, services and supports to families, individuals, couples and groups and hosts many seminars and workshops given by different professionals.

Trained Volunteers run many courses including:

Communications, Parenting, Assertiveness for All, Self-Development, Support Groups for Bereaved, Suicide Bereaved, Separated Support, Cancer Support, Prism and Rainbows for grieving children

One to one counselling is available five days a week by appointment.

What is Counselling and/or Psychotherapy and who is it for?

Counselling is an appropriate way to deal with many of the difficulties we meet, can prevent small problems becoming more serious and can strengthen relationships. Difficulties may arise from a sudden crisis-bereavement, separation, serious illness or unemployment.

Counselling offers the opportunity for individuals, couples and families to find their own solutions to their problems by discussing issues with a professional, who is trained to help. Vita House offers a professional service for:

- *Individuals*
- *Couples*
- *Families*
- *Children and Teenagers*

Mary Lee- B.Rel.Sc.,C.F.T., M.Sc.in Psychotherapy, Registered Family Therapist with wide experience in the areas of individual, marriage and family counselling. She has also broad experience facilitating training programmes for adults and experiential learning with groups.

Nivard Whelan- BSc, MSc, Dip FT is a registered Family Therapist who previously worked in a family centre in Dublin where he gained a wide experience in working with families, individuals, couples, children and teenagers around a varied range of issues.

Fees for our counselling and psychotherapy services are charged according to people's ability to pay.

Location-Vita House is located in Abbey Street, Roscommon

Opening Hours: 9.30 a.m. to 5.30 p.m. Monday to Friday. Some late evenings & open some Saturdays.

For further information or appointments please telephone 090 6625898 or call in person to Vita House