

What's happening at Domain Lodge



Cancer Society Auckland

If you are staying at Domain Lodge during treatment or supporting someone we welcome you to meet others, enjoy some time out and learn tips and tools to help you cope with cancer. Come along together or on your own. There is no charge and we look forward to seeing you.



Morning Tea

Our volunteers invite you to enjoy a cuppa and some home baking.

Every Tuesday 10.30am in the level 2 dining room.

Pot Luck Dinner

Please bring a plate of food for the table and share a meal hosted by our volunteers.

Held on the third Wednesday every month from 5.30pm in the level 2 dining room.

Coping with Cancer: Tips and tools

These talks are held by our psychologists on the ground floor every Thursday between 12.30pm and 1.30pm. No need to book – just sign in at reception before the talk. The topics are rotated each week and include:

Managing stress

'There's so much going on I don't have time for myself'
Recognise the signs of stress and learn ways to help prevent burnout

Riding the emotional rollercoaster

'I feel overwhelmed – I don't know what to do.'
Learn coping skills for the emotions experienced by many people facing cancer.

Super-sizing your support

'I don't know how to tell people what I need from them'
How to talk about cancer and get the most out of your support.

Sleeping easy

'I find it difficult to get to sleep and sometimes wake in the night.'
Hear about practical strategies that can help you get a good night's sleep.

Relaxation Evening Session

Guides you through breathing, relaxation and meditation exercises to help with stress and anxiety.

Held by our psychologists on the first Tuesday of the month between 5pm and 6pm on the ground floor. No need to book – just sign in at reception before the session.