



我們提供的服務

容貌護理

使您容光再現！由受過訓練的美容師定期提供非連續性的儀容指導，幫助您解決在治療過程和治療後遇到的有關問題。

抒情藝術和創意小組

由受過訓練的專業人員帶領，透過美術、寫作和音樂的藝術素材幫助您探索和抒發個人感受。

個人支援

由癌症支援專業人員提供個人懇談時段，讓您傾吐心聲、得到支援和掌握如何面對癌症診斷結果和隨之而來的種種問題。

「置身Maggie's中心就仿如被人
摟進懷抱，聽到人說：您不必孤獨
面對，有我們在這裏幫助您。」

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開放時間：星期一至五早上九時至下午五時(公眾假期除外)
Open Monday to Friday 9am to 5pm (Public Holidays Closed)

臨時中心位於『兒童及家庭哀傷輔導中心』對面
Opposite to Child and Family Bereavement Centre

What we offer

LOOK GOOD – FEEL BETTER

Give yourself a make-over! We hold these one-off sessions with trained beauticians on a regular basis to help you to take care of your appearance during and after treatment.

EXPRESSIVE ART AND CREATIVE GROUPS

Our trained staff will offer and provide a range of materials to help you explore your feelings within a creative context. This may include art, writing and music.

INDIVIDUAL SUPPORT

A Cancer Support Specialist provides individual sessions where you can talk, get support and learn strategies for dealing with a diagnosis of cancer and its consequences.

‘Being at Maggie’s is like having
someone put an arm round you
and say: you are not alone,
we are here to help.’

maggie's

癌症關懷中心

cancer caring centre

1996年第一所Maggie's中心在英國愛丁堡落成，為癌症病人、其家屬和朋友提供服務。中心由Maggie Keswick Jencks女士成立。她是一位癌症病人，曾親身經歷各種治療過程，有感於這樣的一所癌症關顧中心能夠幫助像她一樣患上癌症的病人，讓他們獲得有關癌症實況的資料，並能學懂如何面對患病期間遇到的種種生活問題，於是成立Maggie's中心。

假如您自己、家屬或朋友一旦患上癌症，內心必定如晴天霹靂，湧現這樣的問題：

「我該如何面對這病？」

「我該問醫生什麼問題？」

「我能找誰幫忙？」

「我能做些什麼才有利治療並讓自己感受好一點？」

Maggie's中心正能為您解答以上的問題和提供有關資料，支持和幫助您和家人在治療階段懂得如何面對癌症在日常生活上對您們身心所造成的各方面影響。

在您接受醫藥治療的同時，我們從旁助您一臂之力。我們的服務對象包括不同種類和不同階段的癌症患者，如剛剛被驗出患上癌症、癌症復發、或已康復而正在面對種種後遺症的患者。我們的目的是幫助您處理癌症對個人的影響，使您帶着希望和決心面對生活。

Maggie's中心的大門為您而開，只要您一踏進來，我們的癌症支援專業人員就會協助您解除心中的憂慮，並且告訴您我們能夠如何幫助您。

1996 saw the opening of the first Maggie's Cancer Caring Centre in Edinburgh. It is a place for people who have cancer, their families and friends. It was founded by Maggie Keswick Jencks and guided by her experience as a cancer patient.

She felt that people like herself would benefit from a centre that would enable them to address all aspects of living with cancer and inform themselves about the medical realities of the disease.

If you, your partner or someone in your family or a friend has cancer you may find yourself overwhelmed with questions.

How am I going to deal with this?

What should I ask the doctor?

Who can I turn to?

Is there anything I can do to help with my treatment and to feel better?

Maggie's Centre exists to help you find answers to these questions and many others. We provide information and support for you to address every aspect of living with cancer — from the physical to the emotional effects that you and your family may be experiencing.

Providing support alongside your medical treatment, our programmes are for every type and stage of cancer, whether you've just been diagnosed with cancer, are facing a recurrence, or are dealing with late-term lingering side-effects as a cancer survivor. Our aim is to enable you to manage the impact of cancer and to help you to live with hope and determination.

Walk through the door of a Maggie's Centre and you will be welcomed by a Cancer Support Specialist who can talk you through your concerns, and what we can do to help.

Maggie's中心與眾不同之處在於我們提供一個舒適清靜，仿如置身家中的環境。中心全日開放，歡迎您隨時上來喝杯茶、聊聊天、到圖書閣閱覽所需資料、查詢及了解我們提供的支援服務或者純粹上來找個憩靜的角落歇歇腳。

Maggie's中心是一間慈善機構，所提供的服務一概免費。癌症支援服務由一癌症支援專業團隊提供。以下是我們提供的服務範圍：

網絡聯誼和支援小組

由癌症支援專業人員提供支援癌症病人、家屬和朋友的小組聚會，幫助參加者探索和分享共同面對的問題和處理方法。

處理壓力

定期舉辦個人面談和小組聚會、討論會、課程和座談會等，教導如何使用鬆弛和視覺意象技巧處理壓力。

癌症資料

透過講座，圖書借閱服務、DVD光碟、使用互聯網和癌症支援專業團隊提供的資訊服務，幫助病患者認識所患的癌症、其管理、治療和可能出現的副作用。

營養保健聚會

提供理論和實踐兼備的營養保健聚會。

What makes a Maggie's Centre so special is its relaxing, homely atmosphere. We are open all day, so you can drop in at any point if you'd like a tea and a chat, a browse of our library, the chance to explore our programme of support or just somewhere quiet to sit down.

Maggie's is a charity and all of our services are free to you. Our programme is provided by a team of cancer support specialists. The following is a guide to what you will find on offer:

NETWORKING AND SUPPORT GROUPS

A range of groups run by Cancer Support Specialists for people with cancer, their family and friends. The sessions enable people to explore shared problems and ways of dealing with them.

MANAGING STRESS

Regular individual and group sessions, discussions, courses and talks that teach relaxation and visualization techniques to help cope with stress.

INFORMATION

Learn about your cancer, its management, treatment and possible side-effects through lectures, a lending library, DVDs, access to the internet and advice from our cancer support team.

NUTRITION

Workshops about eating well that combine theory and practical sessions.