



It's all about the Enrichment

Therapeutic elements and positive interactions create a conducive environment that lifts our members' moods and engage them cognitively.

Studies reveal that physical exercise, cognitive training, and leisure activities are effective strategies that can improve well-being in cancer patients (Myklebost et al., 2025).

CREATIVE SESSIONS

These sessions incorporate activities, such as painting and crafting, designed to incite creativity and spark conversations. The focus is on self-expression, sharing, and the therapeutic benefits of art.



SPECIAL INTEREST GROUPS

These groups are member-led, utilizing the expertise of our own members to share valuable skills and knowledge with their peers, fostering a culture of reciprocal learning and community engagement.

HANDICRAFT



SEWING



GARDENING



An Afternoon at Serenity

Clients watch movies together or embrace their competitive spirit in fun games.



FITNESS

Guided by a fitness coach, members participate in moderate exercise intended to safely improve overall physical fitness and energy levels.



BAKING

Members learn exciting new recipes under the guidance of either a professional chef or a peer.



PERSONAL GROOMING

These sessions aim to encourage self-care and highlight the importance of personal care throughout the cancer journey, promoting dignity and positive body image.



RECREATIONAL OUTINGS

To create beautiful memories and strengthen bonds with their families at places of interest, as they experience new adventures together.

