

Women Support Centre

Get the support you need with our specially designed services for women



How cancer affects women

Everyone's cancer journey is different. We've opened the first Women Support Centre in Central, Hong Kong to make sure you get the support you need at every step.



Types of women's cancers include:

1. Breast
2. Corpus uteri
3. Ovarian
4. Cervical
5. Vulval

No cancer journey is straightforward. But, female cancers can have a significant impact on the things that make you who you are: your femininity, sexuality and even fertility.

Our Women Support Centre puts the focus on sensitive women's health issues such as specialised post-cancer treatment care, family roles adjustment, self-image, sexuality and fertility. We provide specialist services to support you across all areas of your life – your physical and mental wellbeing, your work, home, family and social lives – helping you look forward to a brighter tomorrow.



How we support women

Hong Kong Cancer Fund Women Support Centre specialises exclusively in cancers that affect women, providing tailored support for women experiencing breast or gynaecological cancers.

We believe in adopting a holistic approach. We'll help you navigate your cancer journey with confidence. We'll also provide support services for family, partners and children, helping them adapt and understand how to give you the level of care and reassurance you need.

Access a range of support services led by multi-disciplinary professionals:

Professional services/workshops

1. Lymphedema care

Our aim is to support cancer patients who are at risk of or living with lymphedema to better manage their condition and help reduce the negative impact on their quality of life.

We provide:

- lymphedema assessment
- consultation on post-operative care, treatment and ongoing monitoring and health information
- group exercise to help aid lymphatic drainage

2. Sexual health and intimacy

Our programmes will help you:

- understand physiological and psychological effects of different medical and surgical treatments on sexual function from diagnosis to recovery



- identify the relationship between sexuality and intimacy levels to rebuild the sense of care and love
- manage the changes in intimacy with skills and exercise

3. Recovery action plan

According to your needs, the group programmes will help you:

- adjust your body, mind, and spirit as well as social life to post-treatment changes
- learn the concepts of recovery and holistic wellbeing including healthy diet, exercise compliance, emotion and stress management
- consolidate your cancer experience and re-identify your life priority

4. Art therapy

Art therapist-led sessions designed to help you unlock suppressed feelings and nurture your self-acceptance using music, visual art, drama and dance.

5. Self-image support

Beautiful inside out programmes help you enhance your self-confidence.

We provide:

- free headscarf/hair styling, wigs for loan, breast prosthesis subsidies
- make-up class
- skin care workshops



Individual/family counselling



Counselling sessions hosted by clinical psychologists and social workers with experience in women cancers. Here, we'll help you and your

family better understand your diagnosis, manage your stress and discuss issues relating to your sexuality.

What's more?

Visit our centre or contact our friendly team to discuss your situation and start accessing our support services.

In addition to services led by our multi-disciplinary team, we provide a range of wellness programmes such as yoga, breathing and relaxation, and meditation to strengthen your body-mind-spirit; and self-help groups for women's cancer which can offer valuable experiences and encouragement for you and your family.

Visit Hong Kong Cancer Fund Women Support Centre

Unit 5, Ground Floor, The Centre
99 Queen's Road Central, Hong Kong
(MTR Sheung Wan Station Exit E1/E3)
Mon – Fri 9am – 6pm

