

January 2018

Services by Appointment in both our Centres:

- Counselling (Short term)
- Acupuncture
- Reflexology
- Indian Head Massage for Carers (IHM)
- Manual Lymph Drainage
- Roches Wig Fitting & Breast Care Services by appointment Tuesdays 1 pm – 3 pm

Services by Appointment in ARC S.C.Rd only:

- Bio Energy Therapy, Metamorphosis, IHM

Spring Programmes:

- 9 Week Stress Management Programme
- 8 week Relaxation & Meditation *SCR* Tuesdays
- 6 week Stanford University Cancer Thrive & Survive Self Management Course
- 6 week Prostate Cancer Programme
- 8 week Living Life Secondary Cancer
- 6 week CLIMB @Programme for children

The Drop-in service will reopen on 2nd January and all other services recommence week beginning Monday 8th January

We Would like to wish all our clients

A Very Happy New Year

All services are free of charge, however we rely on the generosity of the public, corporations, grant givers and fundraising events to fund these vital services

The Annual ARC Fashion Show will take place on Thursday 8th March. Tickets €55 . Contact Jessica

65 Eccles Street

Walk-in Services - No Appointment Necessary Drop-in Centre

Monday - Thursday 10 am - 4 pm

Late **Tues** till 8pm **Friday** 10 am to 2 pm

Call in and chat with one of our trained volunteers

For the following Relaxation & Yoga classes please call to reserve a place 3 days in advance as numbers are limited: 10 per yoga class and 14 per relaxation

Relaxation & Visualisation

Tuesdays 7.30 pm - 9 pm

Thursday 2.30 pm – 4 pm

Yoga

Mondays 11.00 am – 12.15 pm

Pilates

Fridays 11.00 am - 11.45 am

Monthly Peer Support Groups

Knitting Group

Last Wednesday 31st January 11 am - 12.30 pm

Open Men's Cancer Peer Support Group

Last Thursdays 25th January 11 am – 12.30 pm

Women's Cancer Peer Support Group

Second Tuesday 9th January 6 pm – 7.30 pm

New Secondary Cancer Peer Support Group

Jan date TBC 11 am -12.30 pm

Mouth Head & Neck Cancer Support Group

January date TBC 5 - 6.30 pm (Every Second Month)

Booking Essential

Citizens Information

Thursday 11th January 11 am – 12.00 pm

Boots Positive Appearance Workshop

Thursday February 15th 10.30 am -12.30 pm

**Please telephone for details on any of the above
Tel: 01-830 7333 Email: info@arccancersupport.ie**

559 South Circular Road

Walk-in Services - No Appointment Necessary Drop-in Centre

Monday – Thursday 10 am - 4 pm

Late **Wed** till 8 pm **Friday** 10 am to 2 pm

Call in and chat with one of our trained volunteers

For the following Yoga, Mindfulness and Relaxation classes please call to reserve a place 3 days in advance as numbers are limited: 10 per yoga and 14 per mindfulness

Mindfulness

Thursdays 2.30pm – 3.45pm

Yoga

Tuesdays 10.30 am – 11.45 am

Thursdays 10.30 am – 11.45 am

Relaxation (New Class) 6.15pm – 7.30 pm

Knitting Group *Recommencing 16th January*

Tuesday Mornings 10.30 am – 12.30 pm

Monthly Peer Support Groups

Myeloma Support Group

Thursday 8th February 11 am – 12.30 pm

ARC Men's Cancer Peer Support Group

Tuesday 6th February 11 am – 12.30 pm

Breast Cancer Peer Support Group

25th January 2.30 pm – 4.00 pm

Melanoma Support Group Date TBC 6.15 pm

Booking Essential

Citizens Information

Friday 12th January 11 am – 12.00 pm

Boots Positive Appearance Workshop

Thursday February 1st 10.30 am -12/30 pm

Castleknock Community Outreach – Laurel Lodge

Tuesday 9th January 11am – 12.30 pm

**Please telephone for details on any of the above
Tel: 01-707 8880 Email: linda@arccancersupport.ie**