



arc
CANCER SUPPORT
CENTRES

June 2019

Services by Appointment in both our Centres:

- Counselling (Short term)
- Acupuncture
- Reflexology
- Bio Energy
- Roches Wig Fitting & Breast Care Services

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

- Manual Lymph Drainage
- Metamorphosis, IHM

Programmes:

- 9 Week Stress Management Programme
- 4 Week Guided Relaxation Course (**SCR**)
- 4 Week Carers Course
- 6 week Stanford University Cancer Thrive & Survive Self Management Course
- 6 week Prostate Cancer Programme
- 6 week Living Life Secondary Cancer
- 6 week CLIMB® Programme for children
- **New** 6 week Time to Adjust Programme post treatment of Breast Cancer

ARC Angels Choir-for information call either centre

Castleknock Community Outreach Laurel Lodge

Tuesday 11th June 11am – 12.30pm

Sisterhood unite.....

On the 2nd June 2019 please Join ARC's "Blisters for Sisters" team and sign up today for the VHI Women's Mini Marathon Enter online at www.vhiwomensminimarathon.ie

Please support ARC by contacting our fundraising dept. on (01)830 7333 or email mairead@arccancersupport.ie for your fundraising pack.

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

65 Eccles Street

Walk-in Services - No Appointment Necessary

Drop-in Centre

Monday - Thursday 10am - 4pm

Late **Tues** till-8pm

Friday 10am to 2pm

Call in and chat with one of our trained volunteers

For the following Relaxation, Pilates & Yoga classes please call to reserve a place 3 days in advance as numbers are limited:

Relaxation & Visualisation

Tuesdays 7.30pm - 9pm

Thursdays 2.30pm – 4pm

Yoga

Mondays 10.30am – 11.45am

Pilates

Fridays 11.00am - 11.45am

Chair Yoga (booking essential)

Fridays 12pm – 1pm

Monthly Peer Support Groups

Knitting Group

Last Wednesday 26th June 11am -12pm

Open Men's Cancer Peer Support Group

Last Thursday 27th June 11am

Women's Cancer Peer Support Group

Second Tuesday 11th June 6 pm – 7.30pm

Secondary Cancer Peer Support Group

First Wednesday 5th June 11am – 1pm

New Stoma Care Peer Support Group

Last Tuesday 25th June 5.30pm

Booking Essential Summer Series Workshops

Exercise Talk with Noel McCaffrey Thursday 13th June 11am

Boots Positive Appearance Tuesday 18th June 2.15pm – 4.15pm

Men's Health Week 10th – 14th June Special Relaxation Class

Tuesday 11th June 7.30pm (Men Only)

All men welcome to drop in for a cup of tea

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 10am - 4pm

Late **Wed** till 8pm

Friday 10am to 2pm

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 10.30am – 11.45 am

Thursday Chair Yoga 11am-12.15pm **NEW**

Knitting Group

Off

Monthly Peer Support Groups

ARC Men's Cancer Peer Support Group

Tuesday 11.00am

New Stoma Care Peer Support Group

Other Centre this month Eccles St 5.30pm

Breast Support Group

Wednesday 5th June 5.30pm

Booking Essential Summer Series Workshops

4 Week Guided Relaxation Tuesday TBC

2.30pm – 3.30pm

Friday Mid Day Munchies Friday 14th June

12pm

Citizens info TBC 11am

Boots Positive Appearance Tuesday 18th June

10.30am – 12.30pm

Men's Health Week 10th – 14th June

All men welcome to drop in for a cup of tea

Please telephone for details on any of the above

Tel: 01-707 8880 Email: linda@arccancersupport.ie