

May 2018

Services by Appointment in both our Centres:

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

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

- Manual Lymph Drainage
- 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

ARC Angels Choir for information call either centre.

Upcoming Events – Booking Essential
Talking to Children About Cancer

16th May 11 am in Eccles St

Melanoma Talk

Wednesday 2nd May at 6 pm in SCR
See website for more information

Castleknock Community Outreach – Laurel Lodge

Tuesday 8th May 11 am – 12.30 pm

Come and join us on our ARC 5K & 10 K Run/Walk

Mon 7 May – Phoenix Park, 10 am

Further info at www.arccancersupport.ie

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 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 10.30 am – 11.45 am

Pilates

Fridays 11.00 am - 11.45 am 3 week Course

4th, 11th, 18th & 25th May Booking Essential

Monthly Peer Support Groups

Knitting Group

Last Wednesday 30th May 11 am - 12.30 pm

Open Men's Cancer Peer Support Group

Last Thursdays 31st May 11 am – 12.30 pm

Women's Cancer Peer Support Group

Second Tuesday 8th May 6 pm – 7.30 pm

Secondary Cancer Peer Support Group

First Wednesday 2nd May 11 am -12.30 pm

Booking Essential

Citizens Information

Thursday 10th May 11.00 am – 12.00 pm

Boots Positive Appearance Workshop

Thursday 17th May 10.30 am -12.30 pm

Carers Stress Management 4 Wk Prog

Thursday 3rd May 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 no class 24th May

Yoga

Tuesdays 10.30 am – 11.45 am

Thursdays 10.30 am – 11.45 am

Relaxation

Wednesdays 6.15pm – 7.30 pm

Knitting Group

Tuesday Mornings 10.30 am – 12.30 pm

Monthly Peer Support Groups

Melanoma Support Group

Wednesday 2nd May 6 pm

Myeloma Support Group

Thursday 3rd May 11 am – 12.30 pm

ARC Men's Cancer Peer Support Group

Tuesday 1st May 11 am – 12.30 pm

There will be a brief verbal demonstration on the use of vacuum therapy, indicated for penile structural rehabilitation post prostate cancer treatment

Booking Essential

Citizens Information

Friday 11th May 11 am – 12.00 pm

Boots Positive Appearance Workshop

Thursday 3rd May 10.30 am -12/30 pm

Melanoma Talk

Wednesday 2nd May 6pm

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