

June 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

Summer/ Autumn 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

4 week Mindful Living Course

Eccles Street Wednesday 6th June – 2.15 pm – 3.45 pm

General Men's Wellbeing Talk

Thursday 14th June 11.00 am

Castleknock Community Outreach – Laurel Lodge

Tuesday 12th June 11am – 12.30 pm

Dare to Bare All in DIP in the Nip

in Support of ARC, Sunday 10th June

Further info at www.arccancersupport.ie or call Jessica on 01-8307333

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 Next Course July

Dates TBC Booking Essential

Monthly Peer Support Groups

Knitting Group

Last Wednesday 27th June 11 am - 12.30 pm

Open Men's Cancer Peer Support Group

Last Thursdays 28th June 11 am – 12.30 pm

Women's Cancer Peer Support Group

Second Tuesday 12th June 6 pm – 7.30 pm

Secondary Cancer Peer Support Group

First Wednesday 6th June 11 am -12.30 pm

Booking Essential

Summer Series Workshops

Lets Walk and Talk – 25th June at 1.00 pm

Nutrition Talk – 29th June 11am – 12 pm

Citizens Information

Thursday 28th June 11.00 am – 12.00 pm

Boots Positive Appearance Workshop

Thursday 21st June 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 7th & 14th June

Yoga No class 12th June

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, Date TBC. 6 pm

Myeloma Support Group

Thursday 7th June 11 am – 12.30 pm

ARC Men's Cancer Peer Support Group

Friday 15th June 12.00 pm

Food Demonstration – Simple and Healthy followed by Men's Peer Support 1.15 pm to 2.00 pm

Booking Essential

Citizens Information

Friday 22nd June 11 am – 12.00 pm

Boots Positive Appearance Workshop

Thursday 7th June 10.30 am -12.30 pm

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