



May 2017

Services by Appointment in our Centres:

- Counselling (Short term)
- Acupuncture
- Reflexology
- Manual Lymph Drainage
- Bio Energy Therapy (S.C.Rd. only)
- Metamorphosis (S.C.Rd. only)
- Indian Head Massage (S.C.Rd only)

New Outreach Community Support Group
Second Tuesday of each month
Castleknock Community Centre
11.00 am – 12.30 pm

Summer/Autumn Programmes:
9 week Stress Management
8 week Relaxation & Meditation SCR
Stanford University Cancer Thrive & Survive
6 week Self Management Course
6 week Prostate Cancer
8 week Living Life Secondary Cancer

*All services are free of charge, however we
rely on the generosity and goodwill 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

Relaxation & Visualisation

Tuesdays 7.30 pm - 9.00 pm
Thursday 2.30 pm – 4.00 pm

Yoga

Mondays 11.00 am – 12.15 pm, Max 12 per class
(please call previous Friday to reserve place)

Monthly Peer Support Groups

Knitting Group

Last Wednesdays 31st May 11.00 am - 12.30 pm

Prostate Peer Support Group

Last Thursdays 25th May 11.00 am – 12 .30 pm

Women's Cancer Peer Support Group

Second Tuesday 9th May 6.00 pm – 7.30 pm

Secondary Cancer Peer Support Group

Last Friday 26th May 11am-12 pm

Booking Essential

Citizens Information

May date TBC 11.00 am – 12.00 pm

Roches Positive Appearance Workshop

Wednesday 10th May 11.00 am

Boots Positive Appearance Workshop

Thursday 25th May 10.30 am -12.30 pm

“Healthy Made Simple” Nutrition Talk

Wednesday 17th May 12pm – 1 pm

Talking to Children about Cancer

Wednesday 24th May 11.00 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

Knitting Group

Tuesday Mornings 10.30 am – 12.30 pm

Mindfulness

Thursdays 2.30pm - 4.00pm

Yoga

Mondays 11.00 am – 12.30 pm
Thursdays 10.30 – 11.45 am

Card Making

Thursdays 10.30 am – 12.30 pm

Monthly Peer Support Groups

Myeloma Support Group

Thursday 4th May 11.00 am – 12.30 pm

ARC Men's Cancer Peer Support Group

Tuesday 2nd May 11.00 am – 12.30 pm

Breast Cancer Peer Support Group

Last Thursday 25th May 2.30 pm – 4.00 pm

YouCan Open Support Group for 20s – 30s

Wednesday 31st May 6pm – 7.30pm

Booking Essential

Citizens Information

Friday 19th May 11.00 am – 12.00 pm

Boots Positive Appearance

Thursday 11th May 10.30 -12.20 pm

“Healthy Made Simple” Nutrition Talk

Tuesday 23rd May 12.30 pm

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