



June 2017

Services by Appointment in our Centres:

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

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

For the following Relaxation & Yoga classes please call to reserve a place 3 days in advance as numbers are limited. 12 per yoga class and 14 per relaxation.

Relaxation & Visualisation

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

Yoga

Mondays 11.00 am – 12.15 pm, **No class on 19th June**

Monthly Peer Support Groups

Knitting Group

Last Wednesdays 27th June 11.00 am - 12.30 pm

Prostate Peer Support Group

Last Thursdays 28th June 11.00 am – 12 .30 pm

Women's Cancer Peer Support Group

Second Tuesday 13th June 6.00 pm – 7.30 pm

Secondary Cancer Peer Support Group

Last Friday 30th June 11am-12 pm

Booking Essential

Physiotherapy Workshop for Prostate Cancer

Thursday 29th June, 10.00 am – 11.00 pm

Citizens Information

Thursday 29th June 11.00 am – 12.00 pm

Boots Positive Appearance Workshop

Thursday 22nd June 10.30 am -12.30 pm

Living Life Secondary Cancer

8 Week Workshop, Wed 14th June at 11 am

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 and Mindfulness 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 - 4.00pm

Yoga

Tuesdays 10.30 am – 11.45 am

Thursdays 10.30 – 11.45 am. **No class 8th June**

Knitting Group

Tuesday Mornings 10.30 am – 12.30 pm

Card Making

Thursdays 10.30 am – 12.30 pm **Last class 8th June**

Monthly Peer Support Groups

Myeloma Support Group

Thursday 1st June 11.00 am – 12.30 pm

ARC Men's Cancer Peer Support Group

13th June 11.00 am – 12.30 pm

Breast Cancer Peer Support Group

Last Thursday 29th June 2.30 pm – 4.00 pm

YouCan Open Support Group for 20s – 30s

Wednesday 28th June 6pm – 7.30pm

Booking Essential

Citizens Information

TBC 11.00 am – 12.00 pm

Boots Positive Appearance

Thursday 8th June 10.30 -12.20 pm

6 Week Prostate Cancer Workshop

Wednesday 14th June 11.00 am

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