



April 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

Upcoming Events – Booking Essential

Workshop on Wills & Probate for clients affected by Cancer

Presented by Caroline McCall from
the High Court Probate Office

Thursday 26th April 11 am, Eccles Street

ARC Angels Choir next practice on Tuesday

10th April, at St Ann's Church Dawson St, 6.15 pm – 7.15 pm,

Meet beforehand at Starbucks at 5.45 pm, Over 18's

Castleknock Community Outreach – Laurel Lodge

Tuesday 10th April 11am – 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

April Dates TBC Booking Essential

Monthly Peer Support Groups

Knitting Group

Last Wednesday 25th April 11 am - 12.30 pm

Open Men's Cancer Peer Support Group

Last Thursdays 26th April 11 am – 12.30 pm

Women's Cancer Peer Support Group

Second Tuesday 10th April 6 pm – 7.30 pm

Secondary Cancer Peer Support Group

First Wednesday 4th April 11 am -12.30 pm

Booking Essential

Citizens Information

Thursday 10th May 11.00 am – 12.00 pm

Boots Positive Appearance Workshop

Thursday 19th April 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

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 4th April 6.15 pm

Myeloma Support Group

Thursday 5th April 11 am – 12.30 pm

ARC Men's Cancer Peer Support Group

Tuesday 3rd April 11 am – 12.30 pm

Breast Cancer Peer Support Group

Thursday 26th April 2 pm – 4.00 pm

Booking Essential

ARC Stanford Thrive & Survive 6 wk Prog

Wednesday 18th April at 5.15 pm

Citizens Information

Friday 27th April 11 am – 12.00 pm

Boots Positive Appearance Workshop

Thursday 5th April 10.30 am -12/30 pm

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