

October 2017

Services by Appointment in both our Centres:

- Counselling (Short term)
- Acupuncture
- Reflexology
- Indian Head Massage for Carers

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

- Manual Lymph Drainage
- Bio Energy Therapy
- Metamorphosis
- Indian Head Massage

Castleknock Community Support Group

Second Tuesday of each month
Castleknock Community Centre 11 am – 12.30 pm

Autumn/Winter Programmes:

- 9 Week Stress Management Programme
- 8 week Relaxation & Meditation
- 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

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

Our Annual Torch of Hope walk takes place on Sunday the 8th of October at 5 pm. Please contact 01-8307333 for more information

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 11.00 am – 12.15 pm

Pilates

Fridays 11.00 am - 11.45 am

Monthly Peer Support Groups

Knitting Group

Last Wednesday 25th October 11 am - 12.30 pm

Open Men's Cancer Peer Support Group

Last Thursdays 26th October 11 am – 12.30 pm

Women's Cancer Peer Support Group

Second Tuesday 10th October 6 pm – 7.30 pm

New Secondary Cancer Peer Support Group

First Weds 4th October 11 am -12.30 pm

Mouth Head & Neck Cancer Support Group

Tuesday 21st November 5 - 6.30 pm (Every Second Month)

Booking Essential

Boots Positive Appearance Workshop

Thursday 12 October 10.30 am -12.30 pm

Citizens Information

Thursday 5th October 11 am – 12.00 pm

6 Week Prostate Cancer Programme

Wednesday 18 Oct 11am – 1 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 (New Class)

Wednesdays 6.15pm – 7.30pm

Knitting Group

Tuesday Mornings 10.30 am – 12.30 pm

Monthly Peer Support Groups

Myeloma Support Group

Thursday 8th October 11 am – 12.30 pm

ARC Men's Cancer Peer Support Group

3rd October 11 am – 12.30 pm

Breast Cancer Peer Support Group

Last Thursday 26th October 2.30 pm – 4.00 pm

Melanoma Support Group Wed 4th October 6.15 pm

Booking Essential

Boots Positive Appearance

Thursday 26th October 10.30 -12.20 pm

Citizens Information

Friday 13th October 11 am – 12.00 pm

Living Life Secondary Cancer 8 Week Prog

Friday 9th October 10.45 – 12.30

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