

## 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 6<sup>th</sup> June – 2.15 pm – 3.45 pm

#### General Men's Wellbeing Talk

Thursday 14<sup>th</sup> June 11.00 am

### Castleknock Community Outreach – Laurel Lodge

Tuesday 12<sup>th</sup> June 11am – 12.30 pm

### Dare to Bare All in DIP in the Nip

in Support of ARC, Sunday 10<sup>th</sup> June

Further info at [www.arccancersupport.ie](http://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 27<sup>th</sup> June 11 am - 12.30 pm

#### Open Men's Cancer Peer Support Group

Last Thursdays 28<sup>th</sup> June 11 am – 12.30 pm

#### Women's Cancer Peer Support Group

Second Tuesday 12<sup>th</sup> June 6 pm – 7.30 pm

#### Secondary Cancer Peer Support Group

First Wednesday 6<sup>th</sup> June 11 am -12.30 pm

### Booking Essential

#### Summer Series Workshops

Lets Walk and Talk – 25<sup>th</sup> June at 1.00 pm

Nutrition Talk – 29<sup>th</sup> June 11am – 12 pm

#### Citizens Information

Thursday 28<sup>th</sup> June 11.00 am – 12.00 pm

#### Boots Positive Appearance Workshop

Thursday 21<sup>st</sup> June 10.30 am -12.30 pm

Please telephone for details on any of the above  
Tel: 01-830 7333 Email: [info@arccancersupport.ie](mailto: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 7<sup>th</sup> & 14<sup>th</sup> June

#### Yoga No class 12<sup>th</sup> 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 7<sup>th</sup> June 11 am – 12.30 pm

#### ARC Men's Cancer Peer Support Group

Friday 15<sup>th</sup> 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 22<sup>nd</sup> June 11 am – 12.00 pm

#### Boots Positive Appearance Workshop

Thursday 7<sup>th</sup> June 10.30 am -12.30 pm

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