

## August 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

### New Outreach Community Support Group

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

### Summer/Autumn Programmes:

- 9 week Stress Management
- 8 week Relaxation & Meditation
- Stanford University Cancer Thrive & Survive which is a 6 week Self Management Course
- 6 week Prostate Cancer
- 8 week Living Life Secondary Cancer
- 6 week CLIMB @Programme for children

*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: 10 per yoga class and 14 per relaxation

#### Relaxation & Visualisation

Tuesdays 7.30 pm - 9 pm  
Thursday 2.30 pm – 4 pm

#### Yoga

Mondays 1.30 pm – 2.30 pm

#### Monthly Peer Support Groups

##### Knitting Group

Will resume in Sept date TBC 11 am - 12.30 pm

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

Last Thursdays 31<sup>st</sup> August 11 am – 12 .30 pm

#### Women's Cancer Peer Support Group

Second Tuesday 8<sup>th</sup> August 6 pm – 7.30 pm

#### New Secondary Cancer Peer Support Group

First Weds 2<sup>nd</sup> August 11 am -12.30 pm

### Booking Essential

#### Boots Positive Appearance Workshop

Thursday 17th August 10.30 am -12.30 pm

#### Citizens Information

Thursday 31st August 11 am – 12.00 pm

#### Boots Pharmaceutical Talk

Monday 28<sup>th</sup> August 2 – 3 pm

**CLIMB @Programme for children** aged 5-11 who have a significant adult with cancer 6 wk Programme

Tuesday 12<sup>th</sup> Sept 4 pm – 5.30 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 Class only on 3<sup>rd</sup> and 17<sup>th</sup> August

Thursdays 2.30pm – 3.45pm

#### Yoga No Class on 29<sup>th</sup> August

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 5<sup>th</sup> September 11 am – 12.30 pm

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

1<sup>st</sup> August 11 am – 12.30 pm

##### Breast Cancer Peer Support Group

Last Thursday 28<sup>th</sup> Sept 2.30 pm – 4.00 pm

##### YouCan Open Support Group for 20s – 30s

Wednesday Sept TBC 6pm – 7.30pm

##### Melanoma Support Group Wed 6<sup>th</sup> Sept 6.15 pm

### Booking Essential

#### Boots Positive Appearance

Thursday 3<sup>rd</sup> August 10.30 -12.20 pm

#### Citizens Information

18<sup>th</sup> August 11 am – 12.00 pm

**CLIMB @Programme for children** aged 5-11 who have a significant adult with cancer

September Date TBC 4 -5.30pm

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