

August 2018

Services by Appointment in both our Centres:

- Counselling (Short term)
- Acupuncture
- Reflexology
- Bio Energy
- Roches Wig Fitting & Breast Care Services

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

- Manual Lymph Drainage
- Metamorphosis, IHM

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
- 6 week Time to Adjust Programme

ARC Angels Choir-for information call either centre

Castleknock Community Outreach – Laurel Lodge

Tuesday 14th August 11am – 12.30 pm

Host a Tea Party in aid of ARC – August

Further info at 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, Pilates & Yoga classes please call to reserve a place 3 days in advance as numbers are limited: 10 per yoga class, 14 per relaxation & 10 per pilates

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

Monthly Peer Support Groups

Knitting Group

Last Wednesday 29th August 11 am - 12.30 pm

Open Men's Cancer Peer Support Group

Last Thursday 30th August 11 am – 12.30 pm

Women's Cancer Peer Support Group

Second Tuesday 14th August 6 pm – 7.30 pm

Secondary Cancer Peer Support Group

First Wednesday 1st August 11 am -12.30 pm

Booking Essential

Summer Series Workshops

Citizens Information

9th August 11 am – 12 pm

Boots Positive Appearance Thursday 23rd

August 10.30am – 12.30 pm

6 Week Prostate Cancer Course 17th October –

11-1pm

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

Off on the 16th August

Yoga

Tuesdays 10.30 am – 11.45 am

Thursdays 10.30 am – 11.45 am

Off Thursday 2nd and 9th August

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, September 6th 11 am – 12.30 pm

ARC Men's Cancer Peer Support Group

Tuesday 7th August at 11.00 am

Booking Essential

Citizens Information

Date TBC

Bereavement Talk August 24th 11.00 am

Let's walk and Talk Wednesday 22nd August
2.30pm-3.30pm

Talking to Children Monday 10th Sept 11.00 am

8 Week Living Life Secondary Cancer Friday –
21st September

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