



arc

CANCER SUPPORT CENTRES

## February 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 Event

*Cancer: The Biology of Metastasis & Current*

*Areas of Research: By Denis Collins*

*Wednesday 7<sup>th</sup> Feb, Eccles St, 11.15 am*

*Booking Essential*

### Castleknock Community Outreach – Laurel Lodge

Tuesday 13<sup>th</sup> February 11am – 12.30 pm

*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*

*The Annual ARC Fashion Show will take place on Thurs 8<sup>th</sup> March. Tickets €55 - contact Jessica*

## 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 3 week Course

2<sup>nd</sup> , 9<sup>th</sup> and 16<sup>th</sup> February Booking Essential

### Monthly Peer Support Groups

#### Knitting Group

Last Wednesday 28<sup>th</sup> February 11 am - 12.30 pm

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

Last Thursdays 22<sup>nd</sup> February 11 am – 12.30 pm

#### Women's Cancer Peer Support Group

Second Tuesday 13<sup>th</sup> February 6 pm – 7.30 pm

#### New Secondary Cancer Peer Support Group

First Wednesday 7<sup>th</sup> February 11 am -12.30 pm

### Booking Essential

#### Citizens Information

Thursday 15<sup>th</sup> February 11.00 am – 12.00 pm

#### ARC –Stanford Thrive & Survive 6 Wk Prog

Thursday 8<sup>th</sup> February 10.30 am – 1.00 pm

#### Boots Positive Appearance Workshop

Thursday February 15<sup>th</sup> 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

#### 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

#### Myeloma Support Group

Thursday 1<sup>st</sup> February 11 am – 12.30 pm

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

Tuesday 6<sup>th</sup> February 11 am – 12.30 pm

#### Breast Cancer Peer Support Group

Thursday 22<sup>nd</sup> February 2.30 pm – 4.00 pm

### Booking Essential

#### Citizens Information

Friday 16<sup>th</sup> February 11 am – 12.00 pm

#### Boots Positive Appearance Workshop

Thursday February 1<sup>st</sup> 10.30 am -12/30 pm

#### Pre Surgery Prostate Cancer Workshop

Wed 7<sup>th</sup> February 10.00 am – 12.00 pm

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