



December 2017

Services by Appointment in both our Centres:

- Counselling (Short term)
- Acupuncture
- Reflexology
- Indian Head Massage for Carers (IHM)
- Manual Lymph Drainage

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

- Bio Energy Therapy, Metamorphosis, IHM

Autumn/Winter 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

All services, except the Drop-in, will close in both centres week ending Friday 15th December and recommence week beginning Monday 8th January

The Drop-in will remain open until 1 pm on Thurs 21 Dec



We Would like to wish all our clients a
Very Happy & Peaceful Christmas

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

Christmas Cards now in Stock, €6 per pack of 8 cards

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 No Group in December

Last Wednesday 31st January 11 am - 12.30 pm

Open Men's Cancer Peer Support Group

Last Thursdays 25th January 11 am - 12.30 pm

Women's Cancer Peer Support Group

Second Tuesday 12th December 6 pm - 7.30 pm

New Secondary Cancer Peer Support Group

First Weds 6th December 11 am - 12.30 pm

Mouth Head & Neck Cancer Support Group

January date TBC 5 - 6.30 pm (Every Second Month)

Booking Essential

Citizens Information

Thursday 11th January 11 am - 12.00 pm

Positive Appearance & Confidence Workshop

January Date TBC 2 pm - 3.30 pm

Healthy Eating Made Simple - Lunch-time Talk

Thursday 7 December 12 noon - 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) 6.15pm - 7.30 pm

No class in December

Knitting Group

Tuesday Mornings 10.30 am - 12.30 pm

Monthly Peer Support Groups

Myeloma Support Group

Thursday 7th December 11 am - 12.30 pm

ARC Men's Cancer Peer Support Group

Tuesday 5th December 11 am - 12.30 pm

Breast Cancer Peer Support Group

No December Group 2.30 pm - 4.00 pm

Melanoma Support Group Wed Dec 6th 6.15 pm

Booking Essential

Citizens Information

January Date TBC 11 am - 12.00 pm

Healthy Eating Made Simple-Lunch-time Talk

Wednesday 6th December 12.45 - 1.45

Cards & Flower Arranging Demonstration

Wednesday 6th December at 6 pm

Castleknock Community Outreach - Laurel Lodge

Tuesday 12th Dec 11 am - 12.30 pm

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