



November 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

Castleknock Community Support Group

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

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 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 11.00 am - 12.15 pm **No class 6 Nov**

Pilates

Fridays 11.00 am - 11.45 am

Monthly Peer Support Groups

Knitting Group

Last Wednesday 29th November 11 am - 12.30 pm

Open Men's Cancer Peer Support Group

Last Thursdays 30th November 11 am - 12.30 pm

Women's Cancer Peer Support Group

Second Tuesday 14th November 6 pm - 7.30 pm

New Secondary Cancer Peer Support Group

First Weds 1st November 11 am -12.30 pm

Mouth Head & Neck Cancer Support Group

Tuesday 21st November 5 - 6.30 pm (Every Second Month)

Booking Essential

Citizens Information

23rd November 11 am - 12.00 pm

Positive Appearance & Confidence Workshop

Tuesday 14th November 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 **No class 30th November**

Yoga

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 2nd November 11 am - 12.30 pm

ARC Men's Cancer Peer Support Group

Tuesday 7th November 11 am - 12.30 pm

Breast Cancer Peer Support Group

Last Thursday 30th Nov 2.30 pm - 4.00 pm

Melanoma Support Group Wed Dec 6th 6.15 pm

Booking Essential

Bereavement Workshop

Friday 3rd November 11.00 -1.00 pm

Citizens Information

Friday 24 November 11 am - 12.00 pm

Pharmacist Talk

Monday 6th November 12.45 pm - 1.30 pm

Healthy Eating Made Simple-Lunch-time Talk

Wednesday 6th December 12.45 -1.45

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