



## March 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 Events – Booking Essential

#### Bereavement Workshop

*An opportunity to explore and discuss the different aspects of grief. Tues 27 March 5.30pm – 7.00 pm*

#### Melanoma Workshop for Patients & Family members

*Workshop facilitated by Melanoma Nurse Specialist  
Wednesday 7<sup>th</sup> March 6.15 pm, ARC SCR*

#### Castleknock Community Outreach – Laurel Lodge

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

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

*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 10.30 am – 11.45 am

#### Pilates

Fridays 11.00 am - 11.45 am 3 week Course  
2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup> March Booking Essential

#### Monthly Peer Support Groups

##### Knitting Group

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

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

Last Thursdays 29<sup>th</sup> March 11 am – 12.30 pm

##### Women's Cancer Peer Support Group

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

##### Secondary Cancer Peer Support Group

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

### Booking Essential

#### Citizens Information

Thursday 29<sup>th</sup> March 11.00 am – 12.00 pm

#### Boots Positive Appearance Workshop

Thursday 15<sup>th</sup> March 10.30 am -12.30 pm

#### ARC –Living Life Secondary Cancer 8 Wk Prog

Friday 16<sup>th</sup> March 11.00 am – 1.00 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 **No Class 7<sup>th</sup> March**

#### Knitting Group

Tuesday Mornings 10.30 am – 12.30 pm

**Card Making** Wednesday 7<sup>th</sup> March at 6.15 pm

#### Monthly Peer Support Groups

##### Myeloma Support Group

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

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

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

##### Breast Cancer Peer Support Group

Thursday 29<sup>th</sup> March 2.15 pm – 4.00 pm

### Booking Essential

#### Citizens Information

Friday 9<sup>th</sup> March 11 am – 12.00 pm

#### Boots Positive Appearance Workshop

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

#### 6 Week Prostate Cancer Workshop

Wed 21<sup>st</sup> March 1.00 pm – 3.00 pm

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