

What is ARC?

Aftercare Research Counselling

Incorporating rehabilitation and complementary care.

Founded in 1994, ARC is a registered charity offering professional support to people affected by cancer and those who care for them. The support is holistic and complements primary medical treatment with education and psychological care.

Services are free of charge and all donations are greatly appreciated.

Who comes to ARC?

- People diagnosed with cancer no matter where they live or where they are being treated
- Adult family members and friends of those affected by cancer
- Members of health care professions

What do they say about us?

Thank you for your kindness, help, support and encouragement - it has helped me to survive

Ms K, about Avon Breast Cancer Nurse Counsellor

Where else, other than ARC, can a man discuss the trauma of prostate cancer?

Mr A, Prostate Cancer Workshop

I would recommend this workshop to every other woman as a help for getting her body, mind and spirit back to full recovery

Ms D, Gynae Cancer Workshop

Here for You

As we continue to try to support you and meet your needs in relation to cancer, your views and opinions about our services are very important to us. If you have any suggestions as to how these services can be improved, please tell us. In this way, ARC House will always remain client-driven and be your support centre at a time of need.

Where is ARC?

We are situated at
**ARC House,
65 Eccles Street,
Dublin 7.**

We can be contacted at
Tel: 01- 8307 333 (4 lines)

Fax: 01 - 8307 595

e-mail

info@arccancersupport.ie

Or visit our web site at

www.arccancersupport.ie

Bus

Numbers 3, 11, 13, 16, 121 and 122 come along Dorset Street and Eccles Street intersects with Dorset Street.

Train, Dart or Luas

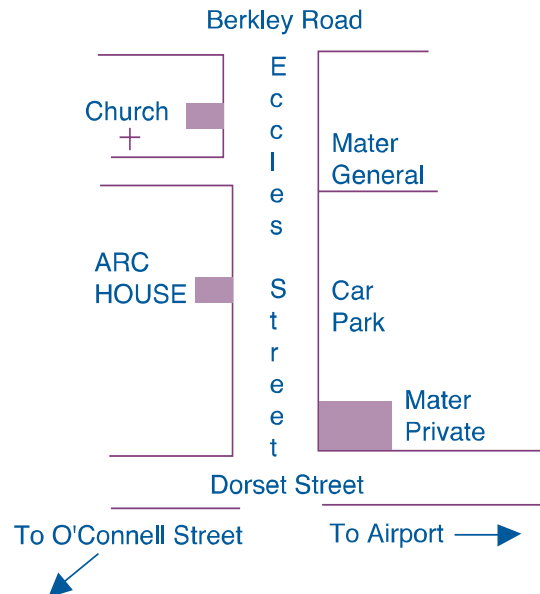
The nearest station is Connolly Station and ARC House is approximately 20 minutes walk.

Taxi

ARC House has an arrangement with a taxi company and we will be happy to telephone your request.

Parking

There is a public car park on Eccles Street at an hourly rate. Disc parking is also in operation on one side of Eccles Street and surrounding streets.



cancer support centre

Eccles Street

For people living
with cancer and those
who care for them



65 Eccles Street, Dublin 7

Tel: 01 830 7333

www.arccancersupport.ie

Registered Charity No: CHY 1085

WALK -IN SERVICES

No appointment needed...come along and bring a relative or friend.

Drop-In Centre

Call in, have a chat and a cup of tea with one of our trained volunteers and find out what services are available.

OPEN

Mon - Thurs 10.00am - 4.30pm

Fri 10.00am - 3.30pm

ARC House Garden

A calm space to relax and unwind.

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Fri 10.00am - 3.30pm

Ta'i Chi Relaxation

Learn to relax using meditation in motion to produce balance, strength and calmness in the body, while training the muscles and nerves. No previous experience necessary.

Tues 2.15pm - 4.00pm

Relaxation and Breathing

Learn how to use breathing techniques specially adapted for people with cancer. No previous experience necessary.

Wed 10.30am - 12noon

Relaxation and Visualisation

Give yourself the time you deserve, learn to relax and be good to your body, mind and spirit.

Wed 2.15pm - 4.00pm

Thurs 2.15 - 4.00pm

Thurs 7.30pm - 9.00pm

ALL SERVICES ARE FREE

SERVICES BY APPOINTMENT

These services are readily available... just call to make an appointment to suit you.

Counselling (short-term)

Counselling is available for those diagnosed with cancer as well as adult family members and friends to explore issues of concern – including counselling by a breast cancer nurse counsellor sponsored by Avon Cosmetics.

Reflexology/Massage

(Nursing assessment made prior to first appointment)
Gives a sense of relaxation and wellbeing.

Natural Beauty Workshop

Advice about skincare, make-up and some tips for looking good during cancer treatment.

Drop-in Centre, ARC House



COURSES AND PROGRAMMES

Clients can choose from any of the following programmes after a consultation meeting.

Stress Management

10-week course to learn new coping techniques to help you manage life changes and the balance needed between stress and relaxation.

Expressive Techniques

These include art therapy and expressive writing... different ways to explore innermost feelings in a safe environment.

Cancer-Specific Workshops

4-week support and educational programmes offering expert up-to-date information for those diagnosed with specific cancers such as prostate, colon, breast, gynae and others. A valuable opportunity to have your questions answered and share experiences with others facing similar issues.

Learning to Live with Cancer®

This researched based programme of support and education explores the psychological and physical impact of cancer.

Stress Management for Carers

For those caring for people with cancer, we invite you to explore ways of supporting yourself while caring for someone with cancer.

The Next Step

A course of personal development, self-awareness and confidence building skills.

Lecture Series

Monthly 2-hour lecture by experts on a variety of cancer-related topics, with the chance to ask questions. Attendance by invitation.