

Dedicated Men's Health Events

Focused Pilates Workshop for Men with Prostate Cancer

This specialised workshop focuses on strengthening the deep core and pelvic floor muscles to directly support prostate health.

Location: 559 SCR, D8

Start Date: Thursday, 18th June

Time: 10:30am - 12:00pm

Prostate Cancer - How to Share Love with the Body you have

A confidential talk on intimacy and sexual health for heterosexual men living with prostate cancer and their partners led by Ireland's leading Clinical Sexologist

Location: Zoom

Start Date: Wednesday, 24th June

Time: 6:00pm - 7:30pm

To chat with us or to
sign up to any of our
supports please:



info@arccancersupport.ie



(01) 215 0250



www.arccancersupport.ie

ARC gratefully acknowledges the generous support of our partners and funders, ensuring our services remain free for all clients

Registered Charity Number:
20028428



June

*Supports for You
and Your Family*

**Care, Connection
and Understanding**

**All supports are free
of charge**

Your Local Centres:

65 Eccles Street, Dublin 7

559 South Circular Road, Dublin 8

23 Herbert Ave, Dublin 4



Daily Supports

Listening Support (no appointment needed)

- E-mail
 - Phone
 - Drop In to ARC
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Individual Support

- Acupuncture
 - Adult Counselling
 - Art and Play Therapy for children (ES and SCR)
 - Manual Lymph Drainage Physiotherapy Clinic (SCR)
 - Reflexology
 - Teen Talk Counselling
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Online Weekly Wellness Classes

Mondays

Pilates -12:00pm – 1:00pm

Wednesdays

Yoga - 9:30am – 10:30am

Thursdays

Mindfulness - 2:30pm – 3:30pm

Online Support Groups

Breast Support Group:

Wed 3rd June 5pm–6:15pm

Prostate Support Group

Fri, 5th June 10:30am–11:30am

Gynaecological Support Group:

Wed 10th June 10:45am–12:15pm

Secondary Support Group:

Wed 10th June 1:30pm–2:45pm

Myeloma Support Group:

Wed 17th June 12:30pm–1:30pm

Women Under-50 Support Group:

Wed 17th June 5pm–6:15pm

Women Over-50 Support Group:

Tues 23rd June 5pm–6:30pm

Men's Support Group:

Thurs 25th June 12:45–2pm

Upcoming Events

Self Compassion in Cancer

How self kindness can support emotional wellbeing on the cancer journey. Talk will be facilitated by Dr. Sharon O'Sullivan, Principal Clinical Psychologist, Psycho-Oncology Service, St. James Hospital

Location:559 SCR, D8

Date: Tuesday, 9th June

Time: 10:30am – 11:45am

Yoga Breathwork with Sinead

A guided 2 hour workshop designed to calm the mind, energize the body, and support emotional well-being.

Location: 65 Eccles St. D7

Date: Friday, 12th June

Time: 10:00am – 12:00pm
