

Workshops

Cancer-related Cognitive Impairment

This workshop will outline types and causes of cancer-related cognitive impairment, and provide practical, evidence-based strategies to help manage and improve cognitive function during and after cancer treatment.

Location: 559 South Circular Road
Date and Time: Tues, 23 Nov, 11-12.30

Fear of Re-Occurrence

This workshop will help you to live fully without fear taking the lead. Understand how to manage fear of re-occurrence and feel more confident and secure about survivorship in this workshop led by leading psychologists in Psycho Oncology.

Location: 65 Eccles St, D7
Day and Time: Fri, 27 Nov, 12:30-4pm

Yoga Breathwork

Location: 65 Eccles St, D7
Date and Time: Fri, 6 Nov, 2-4pm

Sound Bell Meditation

Location: 559 South Circular Road
Date and Time: Fri, 6 Nov, 10:30-11:45am

Pilates for Men

Location: 559 South Circular Road
Date and Time: Thurs, 26 Nov, 10:30-12

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



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



November

Supports for You and Your Family

**Care, Connection
and Understanding**

**All supports are
FREE**

Your Local Centres:

65 Eccles Street, Dublin 7, D07 TD35
23 Herbert Ave, Dublin 4, D04 T0A4
559 South Circular Road, Dublin 8,
D08 X229

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 Physio 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 4 Nov: 5pm–6:15pm

Secondary Support Group:
Wed 11 Nov: 1:30pm–2:45pm

Prostate Support Group:
Fri 13 Nov: 10:30am–11:30am

Myeloma Support Group:
Wed 18 Nov: 12:30pm–1:30pm

Women Under-50 Support Group:
Wed 18 Nov: 5pm–6:15pm

Women Over-50 Support Group:
Tues 24 Nov: 5pm–6:30pm

Men's Support Group:
Thurs 26 Nov: 12:45–2pm

ARC Evening Talks: Cancer & Your Oral Health

Dr. Michelle Connolly is a HSE Dentist who will speak about oral health while on cancer treatment.

Location: Online on Zoom

Day: Wednesday

Day and Time: 25 Nov, 6–7:30pm

Thrive Beyond Treatment with Movement

4-week programme for women to gradually reconnect with movement, rebuild confidence and strength.

Location: 559 South Circular Road

Day: Fridays

Date and Time: 6 Nov, 12.45–2pm

CLIMB®

A 7- week creative therapy course for children whose parent or caregiver is living with cancer.

Location: 65 Eccles Street

Parent's Info session: 29 Oct, 15.30

Date and Time: 5 Nov, 5:30 –6:30pm

Self Compassion in Cancer

Dr. Sharon O'Sullivan, Principal Clinical Psychologist, Psycho-Oncology Service, St. James Hospital will deliver a talk for clients and their family and friends on self-kindness.

Location: 559 South Circular Road

Day and Time: Tues, 17 Nov, 10.30–11.45