

The Health Coach

Health coaching supports individuals ready to make changes in strengthening wellbeing, resilience, confidence and quality of life.

Location: 65 Eccles St. D7

Date and Time: Starting Oct 5

Brand New
6-Week 1:1
Support

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



Workshops

Cancer-related Cognitive Impairment

Location: 559 South Circular Road

Date and Time: Mon, 12 Oct, 10:00 – 12.30

Understanding & Managing Sleep

Location: 559 South Circular Road

Day and Time: Tues, 6 Oct, 10.30–11.45

Understanding & Managing Persistent Cancer Fatigue

Location: 559 South Circular Road

Day and Time: Tues 20 Oct, 10.30–11.45

Yoga Breathwork

Location: 65 Eccles St. D7

Date and Time: Fri, 2 Oct, 10:00–12:00

Sound Bell Meditation

Location: 559 South Circular Road

Date and Time: Fri, 2 Oct, 10:30–11:45



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

October

*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

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

Prostate Support Group:
Fri 2 Oct: 10:30am–11:30am

Breast Support Group:
Wed 7 Oct: 5pm–6:15pm

Secondary Support Group:
Wed 14 Oct: 1:30pm–2:45pm

Myeloma Support Group:
Wed 21 Oct: 12:30pm–1:30pm
Women Under-50 Support Group:
Wed 21 Oct: 5pm–6:15pm

Women Over-50 Support Group:
Tues 27 Oct: 5pm–6:30pm

Men's Support Group:
Thurs 29 Oct: 12:45–2:00pm

ARC Evening Talks: Irish Cancer Society



Laura Mu from the Irish Cancer Society will highlight the supports available to cancer patients and family members.

Location: Online on Zoom

Day: Wednesday

Day and Time: 28 Oct, 18:00 – 19:30

Survivorship Courses

Empower: Cancer and Menopause

A supportive 8-week course for women who entered into early menopause due to cancer. Course provides professional information and supportive discussions.

Location: 65 Eccles Street

Day: Wednesdays

Date and Time: 21 Oct, 10.30–12.30

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, 17:30–18:30

NEW PROGRAMME

The Path to Better Sleep

Join our 8-week programme to learn practical and proven tips to improve your sleep and rebuild confidence in your body's ability to rest.

Location: 65 Eccles St. D7

Day and Time: Fri 16 Oct, 10.00–12.00