

## Upcoming Events

### Navigating Tough Choices : How the Decision Support Service Can Help

*When facing a cancer diagnosis, making decisions about care, treatment, and daily life can sometimes feel overwhelming.*

*Join us for an easy-to-understand session on how the Decision Support Service and the Assisted Decision-Making Act 2015 can help you stay in control of your care and daily decisions.*

*Learn about your rights, the supports available, and how loved ones and healthcare teams can help you express your wishes.*

*All welcome – people living with cancer, families, and supporters.*

**Location: Zoom**

**Start Date:** Wednesday 29<sup>th</sup> April

**Time:** 6:00pm - 7:30pm

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



**[info@arccancersupport.ie](mailto:info@arccancersupport.ie)**



**(01) 215 0250**



**[www.arccancersupport.ie](http://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



**April**

*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 01 Apr: 5pm–6:15pm

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### Gynaecological Support Group:

Wed 08 Apr: 10:45am–12:15pm

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### Secondary Support Group:

Wed 08 Apr: 1:30pm–2:45pm

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### Prostate Support Group:

Fri 10 Apr: 10:30am–11:30am

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### Myeloma Support Group:

Wed 15 Apr: 12:30pm–1:30pm

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### Women Under-50 Support Group:

Wed 15 Apr: 5pm–6:15pm

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### Women Over-50 Support Group:

Tues 28 Apr: 5pm–6:30pm

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### Men's Support Group:

Thurs 29 Apr: 12:45–2pm

## Upcoming Courses

### CLIMB®

*Seven-week course creative therapy course for children whose parent or caregiver is living with cancer. Delivered by social workers and creative psychotherapists, children engage in play and art talk about their worries and concerns*

**Location: 559 South Circular Road**

**Start Date:** Tuesday, 14<sup>th</sup> April

**Time:** 4pm - 5:15pm

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### Mindful Movement

*Pause, Breathe, and Return to Yourself Step into a space where movement becomes meditation.*

*Over 6 weeks you will be guided by a qualified Mindfulness practitioner in a supportive environment for all bodies and fitness levels, learning to reduce stress or simply move in a more connected way*

**Location: 65 Eccles Street**

**Start Date:** Thursday, 30th April

**Time:** 10:30am - 12pm