

Upcoming Events

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

Start Date: Friday, 10th April

Time: 10:00am - 12:00pm

Managing Cancer Related Fatigue Workshop with Professor Deirdre Connolly

Cancer-related fatigue can have many causes and can affect people in different ways. This workshop with Occupational Therapist Professor Connolly will look at cancer related fatigue providing accessible, day to day techniques to help you manage and lessen fatigue.

Location: 559 South Circular Road

Start Date: Monday 13th April

Time: 11:00am - 12:30pm

Cancer Thrive and Survive

Registration open for upcoming course in 559 South Circular Road.

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



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

Gynaecological Support Group:

Wed 08 Apr: 10:45am–12:15pm

Secondary Support Group:

Wed 08 Apr: 1:30pm–2:45pm

Prostate Support Group:

Fri 10 Apr: 10:30am–11:30am

Myeloma Support Group:

Wed 15 Apr: 12:30pm–1:30pm

Women Under-50 Support Group:

Wed 15 Apr: 5pm–6:15pm

Women Over-50 Support Group:

Tues 28 Apr: 5pm–6:30pm

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, 14th April

Time: 4pm - 5:15pm

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: 10am - 12pm